

What GAMES Level am I?

Level 1

I Can	Give a reason why a warm up is important.
I Can	Identify safety points for your sport.
I Can	Demonstrate few core skills.
I Can	Perform few core skills in isolated practices, with some control.
I Can	Identify a strength or weakness in a performance.

Level 2

I Can	Demonstrate a suitable warm up.
I Can	Describe the basic rules of your sport.
I Can	Demonstrate some core skills
I Can	Perform some core skills in conditioned games, with some accuracy and control.
I Can	Justify a strength or weakness in a performance.

Level 3

I Can	Plan a suitable warm up.
I Can	Describe the technique of core skills.
I Can	Demonstrate many core skills.
I Can	Perform many core skills in competitive games, with some accuracy and control.
I Can	Describe how to improve a weakness.

Level 4

I Can	Lead a safe and effective warm up.
I Can	Officiate basic rules in a game.
I Can	Demonstrate most core skills and few advanced skills.
I Can	Perform few advanced skills in isolated practices with some control.
I Can	Evaluate the application of rules or technique in a game.

Level 5

I Can	Lead a warm up/ drill to develop specific skills.
I Can	Explain tactics for attacking and defending.
I Can	Demonstrate some advanced skills.
I Can	Perform some advanced skills in conditioned games, with some accuracy and control.
I Can	Evaluate the impact of tactics within a game.

Level 6

I Can	Lead a skill drill to stretch and challenge all.
I Can	Explain the technique of advanced skills.
I Can	Demonstrate many advanced skills
I Can	Perform many core skills in competitive games, with good accuracy and control.
I Can	Evaluate the application of advanced skills.

Level 7

I Can	Lead a session using principles of training.
I Can	Officiate all rules within a game.
I Can	Demonstrate most advanced skills.
I Can	Perform my advanced skills in competitive games, with some accuracy and control.
I Can	Evaluate own and others' performance, suggesting relevant drills to improve weaknesses.

Level 8

I Can	Adapt and progress sessions using principles of training.
I Can	Analyse tactics for attacking and defending.
I Can	Demonstrate all core skills and most advanced skills.
I Can	Perform my advanced skills in competitive games, with good accuracy and control.
I Can	Critically evaluate performance and feedback to have a positive impact.

Assessment strands:

Leadership
Knowledge and understanding
Performance skills
Performance Analysis and Evaluation

2x I Can = Level -

3x I Can = Level

4x I Can = Level +

What GAMES Level am I?

SAFETY

(See individual sports assessment cards for further details)

CORE SKILLS

(See individual sports assessment cards for further details)

KEY TERMS

See individual assessment cards for each sport.

EVALUATION KEY WORDS

EVALUATION TIME!

WHAT? - Identify a strength and weakness.

WHERE? - be specific, where did it happen in the performance/game/practice?

WHY - is it so good/need to improve?

HOW - could they improve it? Could you offer a demonstration? Can you suggest a practice or drill to help perfect technique?

DON'T FORGET TO USE OUR KEY WORDS!

.....

ADVANCED SKILLS

(See individual sports assessment cards for further details)