

Talented Athletes will demonstrate or will have the ability to demonstrate a high level of skill within the full range of PE situations under the following headings

Cognitive ... *understands how to transfer skills, concepts and applications between activities*

Can understand and transfer skills and concepts between activities and can reflect on the outcomes in order to improve performance

Tactics	Thinking	Learning
Game Tactics	Reasoning	Making connections
Positional Awareness	Creative Thinking	between activities
Decision Making	Evaluation	Reflecting
Problem Solving	Enquiring	Exploring
Attacking and Defending Principles		Self motivating

Creative ... *responds to challenges and tasks with fluency, originality and sensitivity*

Shows initiative in a response to a situation, can constantly adapt and refine their responses and can create new ways to solve problems

Visual Spatial ... *understands, makes sense and responds to visual stimuli*

Can understand, make sense of and respond to visual stimuli - making the right decisions in a game

Intra Personal ... *is self disciplined, confident and committed to improvement*

Is well motivated, confident and organised in their approach. Can set themselves goals and practice hard on their own

Inter Personal / Social ... *shows leadership and teamwork qualities*

Can communicate and has good interaction and leadership skills. Is co-operative but has the ability to question

Psychomotor / Physical ... *shows competence and fitness to perform a range of physical abilities*

Posture	Footwork and Fitness	Co-ordination
Has good balance, core stability and flexibility	Has good speed, power, agility and endurance	Can multi task, strike and kick with timing

