

Walker – Grade D (Level 5)

Your attitude, organisation and behaviour is satisfactory in PE lessons

You take part in the lesson with encouragement from your teacher and you know how to use basic skills and tactics but you need to show more consistency and control

You have an understanding of other roles in sport, such as official, leader and coach, but rarely volunteer to take on these responsibilities.

You are comfortable working independently or as part of a team but prefer others to take the lead

You take part in inter-house competition but do not attend school clubs or take up opportunities to be active in the local community.

You know what makes up the key components of an active and healthy lifestyle and where possible you try to apply these to your own situation