

Racquet Sports

You must be able to complete all of the points in the box to complete that specific level

LEVEL	A	B	C
3	<ul style="list-style-type: none"> I can start a rally over a net with a partner with 20-50% accuracy. I know that movement around the court is important when playing a game I can play a competitive game 	<ul style="list-style-type: none"> I can start a rally with a partner over a short distance. I can move to return a shot in a game I know 4 basic rules of the game 	<ul style="list-style-type: none"> I can take part in a warm up. I can participate in a rally from a standing position over a short distance I know the game is restarted when the ball/shuttle cock goes out of play or into the net.
4	<ul style="list-style-type: none"> I can show attacking shots to finish a rally. I can play different types of serves to start a rally I can remind my team mates of a teaching point of a skill 	<ul style="list-style-type: none"> I can often play from both sides of the court using the different techniques involved. I can show a high success rate in the accuracy of my shots I know why I should always face the opponent when playing a game 	<ul style="list-style-type: none"> I can vary the distance of my shot in a rally I can show a certain amount of accuracy when serving I know 2 teaching points when playing a defensive shot. I have an understanding of why footwork is important
5	<ul style="list-style-type: none"> I can comment on other pupils technique in a game situation. I can show good footwork when put under pressure in a game situation I can play attacking shots when under pressure. I can use disguise in my serve and attacking shots. I can help other perform a cool down 	<ul style="list-style-type: none"> I can disguise some of my shots to take control of a rally Can show an understanding and know 3 teaching points for singles play. I can play 4 different shots in a game situation. I can play a defensive shot when put under pressure in a game most of the time. (over 50%) 	<ul style="list-style-type: none"> I can participate effectively in a warm-up and lead some stretching exercises I can evaluate my performance and outline a strength and area to improve I can help my partner by observing his technique and then giving them advice on how to improve I know 2 reasons why it is important to move your opponent round the court.
6	<ul style="list-style-type: none"> I can lead part of a warm up using more than 4 different stretches of the body I Know how to cool down correctly I can use disguise and deception in the majority of my shots. Can officiate a game with teacher support I can develop drills to work on certain strokes in the game. 	<ul style="list-style-type: none"> I can play shots with precision when under pressure. I can see my opponent weaknesses and use a variety of shots to carry out a strategy to win the point. I can read my opponents body position to know what shot they are about to perform I know the strengths of doubles and singles strategies in the game 	<ul style="list-style-type: none"> i can observe pupils playing and give 2 strengths and an area to improve I can carry out attacking and defensive strategies in doubles play. I can strike the ball on both sides with power when under pressure. I can make decisions to benefit my partner before hitting the ball.
7	<ul style="list-style-type: none"> I can lead the whole group in a warm-up and cool down I can lead the whole group effectively, when coaching or teaching skills to them. 	<ul style="list-style-type: none"> I can exert a positive influence over a game and be involved in most of the play I can officiate a game with total control without teacher support. 	<ul style="list-style-type: none"> I can set targets and devise a training drill to improve my areas of weakness I know how to change my game to improve my performance

PLT'S

self managers
(perform at max levels)

creative thinkers
(Outwit opponents)

Independent enquires
(accurate replication)

reflective learners
(identify/solve problems)

effective participants
(exercise safely and Effectively)

team workers
(communicating and exploring ideas)