

Jogger – Grade C (Level 6)

Your attitude to learning, organisation of PE uniform and behaviour is good

You are an active participant in lessons with some encouragement from your teacher and can apply skills and tactics to a satisfactory level to achieve success in performance

You are able to take on other roles in sport, such as leader, coach and official but require some support from peers or the teacher

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

You take part in inter-house competition and occasionally attend school clubs and practices but at present do not participate in community sport

You understand the key components of a healthy and active lifestyle and you recognise how you as an individual can improve this aspect of your life