

Health and Well-being - Physical activity and sport
Fourth Level HWB 4-21a

As I encounter a variety of challenges and contexts for learning, I am encouraged and supported to demonstrate my ability to select and apply a wide range of complex movement skills and strategies, creatively, accurately and with consistency and control.

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Fourth Level HWB 4-22a

I can organise my time to practise, consolidate and refine my skills to achieve my highest quality performance in a range of contexts. I am developing and sustaining my level of performance across all aspects of fitness.

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While learning together, and in leadership situations, I can:
experience different roles and take responsibility in organising a physical event;
contribute to a supportive and inclusive environment;
demonstrate behaviour that contributes to fair play.

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Fourth Level HWB 4-24a

I can: observe closely, reflect, describe and analyse key aspects of my own and others' performances; make informed judgements, specific to an activity; monitor and take responsibility for improving my own performance based on recognition of personal strengths and development needs.

Health and Well-being - Physical activity and sport
Fourth Level HWB 4-25a

I continue to enjoy daily participation in moderate to vigorous physical activity and sport and can demonstrate my understanding that it can: contribute to and promote my learning; develop my fitness and physical and mental wellbeing ; develop my social skills, positive attitudes and values; make an important contribution to living a healthy lifestyle.

Health and Well-being - Physical activity and sport
Fourth Level HWB 4-26a

I can explain the role of sport in cultural heritage and have explored the opportunities available for me to participate in school sport and sporting events. I make use of participation and performance pathways that allow me to continue and extend my sporting experience in my place of learning and beyond.

Health and Well-being - Physical activity and sport
Fourth Level HWB 4-28a

I have investigated factors which can influence participation in physical activity and food choices, and the impact of activity on population health in the Scottish and wider contexts. I can use this information to discuss policies and inform my own health choices.