

PE MCA Steps

MCA Step		Bodies			Hearts		Minds		
		Skill Acquisition	Skill Application	Health and Fitness	Emotions	Interactions	Mental Skills	Creativity	Decision Making
		How well are you able to perform skills?	How effective are you in competitive game situations?	How healthy are you? Are you fit enough to participate in a range of physical activities?	Are you well motivated and able to overcome challenges? Can you motivate others?	How well do you work with and lead other students?	How well do you understand how to perform and improve skills?	How well do you use your creativity to be original in lessons? Are you capable of generating unique work?	How appropriate are the decisions you make? Do you always make the right decision for the situation?
5	Expert Platinum: We would expect a student at this level to have a lot of experience and expertise in a variety of roles in a range of activities.	You can perform skills exceptionally well in a wide range of activities.	You can apply all skills in a number of competitive situations effectively. You can apply them in a wide range of activities and show confidence and competence regularly.	You are physically fit and can remain active for sustained periods. You have an in depth understanding of health and fitness and promote it to others.	You are highly motivated and inspire others with your enthusiasm. You are resilient and use your initiative in a variety of situations.	You are highly effective when leading, organising and officiating independently. You instil excellent sporting attitudes in others.	Your knowledge of skills and tactics is excellent and you fully understand how to improve.	You consistently be creative under pressure in all situations. You can share expert ideas to develop/improve performance. You are highly creative in a range of situations and are very effective problem solver	Your decision making is autonomous and you always make the correct decision in any activity to succeed.
4	Advanced Gold: You are working at a very good level in a range of activities, selecting and applying skills appropriately. You are confident in a variety of roles.	You begin to perform a range of advanced skills and techniques with confidence in a number of activities	You can apply a range of basic and advanced skills to competitive situations. You frequently select the right skill for the activity and execute it with some success.	You are physically fit and can remain active for significant periods. You have an advanced level of understanding of health and fitness and can promote it to others.	You are well motivated and are a committed participant in all activities. You persevere to overcome challenges	You can take the lead and organise others confidently in a range of activities. You show encouragement and support to others.	You have a good knowledge of skills and tactics in a range of activities. You reflect well on your performances.	You can frequently be creative under pressure in most situations. You have confidence to share ideas to improve/develop performance. You are creative and an effective problem solver	You consistently make the correct decision in your activity and rarely need support to succeed
3	Competent Silver: You have developed well and you are getting better at applying skills in various situations. Your performance is consistent across activities.	You are moving from the basic skills and beginning to experiment with more advanced skills. You are experiencing varying success	You can consistently and confidently apply the basic skills to competitive situations. You are beginning to attempt more advanced skills with varying success across disciplines	You are physically fit and have a competent understanding of health and fitness. You can promote it to others.	You are an enthusiastic participant in all activities. You show confidence and a willingness to strive to improve	You work cooperatively and lead others well. You listen and show respect to others.	You have a secure knowledge of skills and tactics and can apply them in many situations.	You can independently generate ideas, link these together and transfer across to a range of activities. You can overcome some problems. You are creative in some activities.	You are competent in making the correct decisions in your activity, but sometimes need support to succeed in other activities.
2	Improver Bronze: You understand and are now practising and becoming more secure in the application of your qualities. You are inconsistent across activities	You can consistently perform basic skills and techniques in one or two activities	You can consistently apply most basic skills to a competitive situation, with frequent success.	You exercise regularly and have some understanding of health and fitness. You are living a healthier lifestyle	You are beginning to feel confident in physical activities. You work hard and are starting to become more motivated to improve	You communicate ideas with others and work cooperatively within groups	You have a good knowledge of skills and tactics.	You can generate ideas with support which then allows you to independently link ideas to develop performance. You react well to some problems and make simple decisions to overcome them. Your creativity is good occasionally.	You often need support and feedback to make correct decisions to succeed in my activity.
1	Developer: This student may well be new to an aspect of PE. They are gaining an understanding of what is required, and how to be effective in physical activities. As students are introduced to new activities they will be at this level	You have began to develop basic skills and techniques but are not yet competent or consistent with them.	You can apply some basic skills to a competitive situation, with some success.	You take part in a range of activities. You have a basic understanding of how to improve your health and fitness	You are in the early stages of developing confidence in physical activities. You participate well in most activities.	You are happy being led by others and are developing confidence when working with others.	You have a basic knowledge of skills and tactics.	You can generate isolated ideas with teacher and peer support, however you struggle to link these together in an activity. You can make simple decisions and help with problem solving. Your creativity is developing.	You need regular support and feedback to make the correct decisions in activity to succeed in your activity.