



## Characteristics of a More Able and Talent Student in PE

- ★ Has been identified for a talent pathway by school or club
- ★ High level of co-ordination, cardiovascular endurance, balance and agility
- ★ Has sustained concentration which enables them to make effective decisions
- ★ Able to grasp new skills/concepts quickly and to transfer skills from one activity to another
- ★ Can solve problems and shows original thoughts when faced with new situations; quick decision making
- ★ Understands and applies tactics and strategies and can motivate and encourage peers
- ★ Very good observational / analytical skills
- ★ Applies appropriate knowledge and understanding of health and fitness in all aspects of work.

## How we support More Able and Talent Students in PE

- ★ There is a large range of activities offered through the curriculum and extra-curricular programmes. In the extracurricular programme fixtures take place at local, district and national competitions offering stretch and challenge.
- ★ Identifying students for NGB talent identification pathways
- ★ Develop components on fitness through a vast range of activities which are performed at maximal levels for long periods of time
- ★ Exposure to variety of modified and fully competitive situations to develop concentration which enables students to make effective decisions
- ★ Encourage participation in a number of roles (performer, coach, official) in lessons and through extra-curricular to develop students understanding and application of tactics and strategies. The development in confidence when performing these roles encourages student to motivate and encourage their peers whilst developing their own observational/analytical skills
- ★ In lessons there is are links made to relevant terminology for activities studied and overlaps with examination PE syllabi.
- ★ Through show my homework set as a flexible task an aim higher booklet is available for students to access a range of resources to enthuse and develop their interest in a range of topics linked to PE

## How you can support More Able and Talent Students at home

- ★ Encourage your child to be involved in regular physical activity
- ★ Role model an active physical healthy lifestyle
- ★ Encourage your child to try new activities
- ★ Pay attention to sports analysis sections of sports where possible

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- ★ Encourage your child discover a range of Physical Education topics through the aim higher booklet (some of the below suggestions are accessible in the aim higher book)
- ★ Reading/audio books/pods of athletes and their stories/biographies
- ★ Watch sport-related films and documentaries
- ★ Encourage the use of BBC bitesize PE
- ★ Encourage the use of GCSEpod