



Characteristics of a Gifted and Talented student in PE

Striving for excellence, exceeding expectation'

Pupils who are gifted or talented in PE / sport are likely to show many or all of the following characteristics in their performance and approach to PE, sport and dance.

In their approach to work

They may:

- be confident in themselves and in familiar contexts
- take risks with ideas and approaches, and be able to think 'outside the box'
- show a high degree of motivation and commitment to practice and performance.

In their performance

They may:

- be intelligent, independent, thoughtful performers, actively forming and adapting strategies, tactics or compositions
- be able to reflect on processes and outcomes in order to improve performance, understanding the close and changing relationship between skill, fitness and the tactics or composition of their performance
- be good decision-makers and able to take the initiative, often showing high levels of autonomy, independence and leadership
- be creative, original and adaptable, responding quickly to new challenges and situations, and often finding new and innovative solutions to them.

In body skillfulness and awareness

They may:

- have a high degree of control and coordination of their bodies
- show strong awareness of their body in space
- combine movements fluently, precisely and accurately in a range of contexts and activities.
- Some pupils may have unusual abilities in specific aspects of the programme of study or areas of activity, such as: evaluating and improving performance through leadership acquiring, developing and performing advanced skills and techniques
- Have a conceptual understanding, shown through the sophisticated selection and application of advanced skills, tactics and compositional ideas for their age
- particularly high levels of fitness for their age, in both specific and general areas
- have specific strengths in general areas, such as games activities or dance activities.

