



## Skills

**Mastery in Year 11**

- Fit 4 Life Citizen.
- Skills, knowledge and habits to lead a healthy, active lifestyle.

**Mastery in Year 10**

- Independently active.
- Embedding active lifestyle routines and skills to be a healthy successful mover/athlete.

**Mastery in Year 9**

- Motivated decision maker.
- Develop the passion for movement and physical competences required to make decisions.

**Mastery in Year 8**

- Versatile Performer
- Establish the key skills and knowledge needed to be successful in sport for life.

**Mastery in Year 7**

- Confident movers.
- Explore fundamental movements to build confidence in physical activity.

## Knowledge

