PHYSICAL EDUCATION (GENERAL)

LEVEL 7

Subject Focus: Working towards offering students a holistic development

1] I am able to transfer basic skills from one physical activity to another.
2] I engage in different types of learning tasks to develop a range of physical activities in at least 4 areas.
3] I can observe and describe my own performance, in simple contexts.
4] I am able to identify different types of physical activities in at least 4 areas that require specific demands.
5] I know the basic rules of a range of activities and use them to participate in a fair and inclusive way.
6] I am able to apply the safety rules of each physical activity.
7] I am able to assess my current level of ability in a variety of physical activities.
8] I know my strengths and weaknesses and can use them effectively in physical activity.
9] I can recognise how my life benefits from regular physical activity.
10] I can communicate with others respectfully and value their opinion.
11] I am considerate towards others during physical activity.
12] I can measure my heart rate.
13] I can describe the changes in my breathing and body temperature.
14] I am able to focus for the entire duration of physical activity.
15] I can recognise the importance of carrying out a good warm up and cool down for each physical activity.

Subject focus: Fitness

1] I can differentiate between the following types of fitness components: Strength; Speed; Agility; Flexibility; Stamina.
2] I can identify at least two activities which are aimed to improve each of the fitness components outlined above.
3] I can understand the principles of training of progression and overload in order to improve the level of fitness.
4] I can perform correctly various body weight exercises designed to improve functional strength (as lunges, squats, planks, crunches and other exercises)
5) I can demonstrate proper movement and technique in exercises designed to improve speed (at least by being able to sprint effectively 20m- starting facing forward)

6) I can demonstrate proper movement and technique in exercises designed to improve agility (at least by being able to change direction effectively [45°-90°] after an 8m acceleration- on both feet).

7) I can demonstrate proper movement and technique in exercises designed to improve flexibility (at least by performing correctly a minimum of two dynamic and two static stretching exercises).

8) I can complete exercises designed to improve stamina (at least by being able to complete a 6-minute workout involving six different functional exercises using a 30:30seconds work: rest ratio).

**Subject focus: Invasion Games**

1) I can give appropriate passes to a free player.

2) I can support a player in possession at an angle.

3) I can attack the defender and / or space at the right time and with the correct rhythm.

4) I can create space and scoring opportunity.

5) I can defend well by correctly positioning myself in relation to the ball, opponent/s and goal.

6) I have the right attitude to win the ball.

7) I can press or provide cover to prevent scoring.

**Subject Focus: Net Games**

1) I can play a service over the net into the opponents’ area.

2) I can show awareness of ready position.

3) I can move to and from base in a modified space to hit the ball/shuttle.

4) I can play basic techniques/skills in static/semi active situations.

5) I can play cooperatively with a player to maintain a rally (badminton/tennis).

6) I can participate cooperatively in a passing game activity (volleyball).

**Subject Focus: Athletics**

1) I can demonstrate a standing and 3-point sprint start.
2] I can run with basic technique a 40m, 50m or 60m sprint.
3] I can maintain a run varying between 600m and 1000m middle distance run.
4] I can perform a scissors jump and a standing broad jump.
5] I can perform a standing throw facing the direction of the throw with a 1kg or 2kg implement.

Subject Focus: Swimming

1] I can submerge to the bottom of the pool and resurface without stress.
2] I can perform basic rotations in the water.
3] I can push and glide, face down/up, whilst keeping my body streamlined for a distance of 5m.
4] I can dive into the pool.
5] I can swim 25m of recognised front crawl technique (Breathing, Legs, Arms, Body, Timing - BLABT).
6] I can swim 25m of recognised backstroke technique (BLABT).
7] I exhibit basic water safety practices in and around the pool area.

Subject Focus: Gymnastics

1] I can demonstrate basic body shapes such as straddle, dish, pike, tuck, front support and back support.
2] I can perform different rolls on a mat such as egg, pencil, shoulder, forward, backward and dive.
3] I can perform 4 variations of balances on different bases such as bridge/crab, shoulder stand, front scale, side-scale and arabesque.
4] I can take weight on hands such as frog stand, tripod, headstand and handstand).
5] I can start and end different rolls and balances using different shapes.
6] I can demonstrate an ability to link a minimum of 8 different actions (shapes, rolls and balances) with control.
7] I can display a hurdle step when approaching a spring board/trampoline and hit the spring board with both feet.
8] I can perform different jumps off a spring board/trampoline such as tuck, straight, star, pike and straddle jump.
9] I can land with control, with bent knees after jumping off a springboard/trampoline.
Subject Focus: Educational Dance

1] I can perform different non-locomotor movements in my personal space (bending, curling, stretching, twisting, round, curved, narrow/wide, symmetrical/asymmetrical).

2] I can move in general space using different locomotor movements (running, walking, hopping, skipping, sliding, galloping).

3] I can move in space varying the spatial level areas, pathways and directions
   (Level: high, medium, low; Pathways: straight, spiral, zig-zag; Directions: up-down, right-left, forward-backward, diagonals).

4] I can hold different balances and positions on different body parts.

5] I can perform different jumps (2 feet to 2 feet, 2 feet to 1 foot, 1 foot to 2 feet, 1 foot to same foot, 1 foot to other foot).

6] I can perform movements using different timing (fast-slow, sudden-sustained, accelerating-decelerating).

7] I can show a definite starting and finishing position when performing a movement pattern.

8] I can link different body actions and movements and perform a short movement pattern of 32 counts.

Subject Focus: Outdoor Education

1] I can cooperate in a group during team building activities.

2] I can coil a 4-5 metre rope in such a way that it is easily accessible and untangled.

3] I can follow the correct first aid procedure (3Cs) - Check the surroundings, Call for help, Care for the person.

4] I can safety check my (mountain) bike and ride it for 10 minutes in a safe environment.

5] I can trek a 4km route.

6] I can use a compass and a map to travel from one point to another.

7] I can identify the main parts of a tent, namely; the flysheet, guy lines, pegs, pegging points, runner and ground sheet.

8] I can pitch a tent while working in a small group.
LEVEL 8

Subject Focus: Working towards offering students a holistic development

1] I am able to transfer basic skills from one physical activity to various other activities.
2] I engage in different types of learning tasks to develop a range of physical activities in at least 4 areas.
3] I can observe and describe my own performance and that of others, in simple contexts.
4] I am able to identify different types of physical activities in at least 4 areas that require specific demands.
5] I know the basic rules of a range of activities, in at least 4 areas, and use them to participate in a fair and inclusive way.
6] I am able to apply the safety rules of each physical activity.
7] I am able to assess my current level of ability in a variety of physical activities in at least 4 areas.
8] I know my strengths and weaknesses and can use them effectively in physical activity in at least 4 areas.
9] I can recognise how my life benefits from regular physical activity.
10] I can communicate with others respectfully and value their opinion.
11] I am considerate towards others during physical activity.
12] I can measure my heart rate and am aware of how my heart rate changes in different contexts and over time.
13] I can describe the changes in my breathing, body temperature and the way my muscles feel as a result of my exercise.
14] I can prepare myself mentally for an individual challenge in physical activity.
15] I can identify sport specific warm up and cool down in at least 4 areas.
Subject focus: Fitness

1] I can identify at least three activities aimed to improve each of the following types of fitness components: Strength; Speed; Agility; Flexibility; Stamina.

2] I can monitor fitness using R.P.E. (Rate of perceived exertion-Borg’s Scale), in order to evaluate if one is participating in moderate to vigorous physical activities (M.V.P.A.).

3] I can understand the principles of training of progression, overload and individualization in order to improve the level of fitness.

4] I can perform correctly various body weight exercises designed to improve functional strength and identify (through self-assessment) the main teaching points.

5] I can demonstrate proper movement and technique in exercises designed to improve speed (at least by being able to sprint effectively 20m- performing two basic starts: facing forward and facing laterals) and

6] I can demonstrate proper movement and technique in exercises designed to improve agility (at least by being able to change direction effectively [45°-135°] after a 12m acceleration- on both feet).

7] I can perform individually a minimum of four dynamic and four static stretching exercises, in order to improve my flexibility.

8] I can complete exercises designed to improve stamina (at least by being able to complete an 8-minute workout involving eight different functional exercises using a 30:30seconds work: rest ratio.

Subject focus: Invasion Games

1] I can give a variety of short and medium passes, by applying the correct pace on the ball, to a free player.

2] I can help my teammates to keep possession (up to a 4vs4 situation) by creating supporting passing angles, and by passing and receiving the ball at the right time and with the correct technique.

3] I can attack a defender and fill in an open space at the right time and with the correct rhythm (as feinting/dodging/deception), and finish at the scoring target with the right technique.
4] I can free myself and create scoring opportunities, by performing a variety of individual runs.

5] I can defend well in a 1vs1 situation by correctly positioning myself side on and close to my opponent, whilst directing him/her on one side.

6] I can defend well in a 2vs2 situation by pressing at the right time or providing cover to the pressing player.

7] I can anticipate the ball at the correct time.

Subject Focus: Net Games

1] I can consistently play the set pass and the dig to a teammate in a static/semi-active situation (volleyball).

2] I can consistently play different skills to maintain a rally (badminton/tennis).

3] I can serve the ball/shuttle over the net and send it in the intended direction.

4] I can move to and from base and assume ready position after each hit.

5] I can adapt to different playing positions (volleyball).

6] I can play various attacking and defending techniques/skills.

7] I can play an attacking technique to score a point.

Subject Focus: Athletics

1] I can set and use the blocks in a crouch position.

2] I can accelerate and maintain speed between 40m to 80m sprint successfully.

3] I can maintain a good pace varying between 800m to 1000m middle distance run.

4] I can demonstrate a correct approach, take off and clearing the bar in high jump.

5] I can perform the sequence of the approach (5 or 7 steps), take off, flight and landing in long jump.

6] I can execute a linear shot put technique using a weight between 2kg and 3kg.

7] I can execute a standing discus throw using from 500g to 1kg implement.

Subject Focus: Swimming

1] I can push, glide and swim a distance of 25m of recognised backstroke and front crawl technique (BLABT) with greater efficiency.

2] I can push, glide and swim a distance of 25m of recognised breaststroke technique (BLABT).

3] I can take off the blocks by using either the grab or track start.

4] I can perform the backstroke start.
5] I can perform a controlled open turn.
6] I can submerge and resurface without stress while diving through a hoop submerged at a depth of 2 metres.
7] I can demonstrate an ability to ‘rescue’ a partner with a rigid and a non-rigid aid from the edge of a pool.

Subject Focus: Gymnastics

1] I can show different ways of balancing in pairs using support and counterbalance.
2] I can perform different rotational skills (cartwheel, round-off, walkovers)
3] I can assume a start and end position.
4] I can demonstrate appropriate linking movements when performing gymnastics actions.
5] I can perform gymnastics actions and skills with good body control, posture and alignment.
6] I can perform a 30 seconds routine that includes a variety of body actions (jumps, rolls, balances, rotations and taking weight on hands).
7] I can demonstrate the correct technique when approaching a vaulting apparatus or crash mat.
8] I can land appropriately after a vault.
9] I can show the ability to perform two linear vaults.

Subject Focus: Educational Dance

1] I can perform movements in time with the music and keep the rhythm.
2] I can show change in time and various spatial qualities in the movements used.
3] I can vary the weight or force quality in the movements used (strong-heavy, firm-light, fine-gentle).
4] I can express an idea or feeling using movements.
5] I can perform different movements using different relationships with a partner or in a group (meeting-parting, unison-canon, matching, mirroring).
6] I can control body posture in extension and contraction.

7] I can combine and perform a range of different body actions and movements in a dance routine of not less than 30 seconds.

**Subject Focus: Outdoor Education**

1] I can show the necessary skills and attitude needed to work in a group during team building games.

2] I can coil a rope and do any two basic knots (double figure of eight, stop knot, bowline knot, reef knot, constrictor knot, half hitch knot).

3] I can prepare and check the contents of a first aid kit for outdoor activities.

4] I can take precautionary measures against environmental injuries.

5] I can change the gears effectively when riding a bike and perform the correct pedalling technique whilst cycling continuously for 25 minutes.

6] I can trek a 5km route.

7] I can mark and identify the main landmarks of a 3-5km route on a map by using the compass.

8] I can assemble and dismantle a 2 or 3-man tent in a small group.

**LEVEL 9**

**Subject Focus: Working towards offering students a holistic development**

1] I am able to transfer complex skills from one physical activity to another.

2] I perform proficiently in different types of learning tasks to develop a range of physical activities in at least 4 Areas.

3] I can observe and describe my own performance in complex contexts.

4] I am able to perform different types of physical activities in at least 4 Areas that require specific demands.

5] I know the complex rules of a range of activities in at least 4 Areas and use them to participate in a fair and inclusive way.

6] I am able to apply the safety rules of each physical activity.

7] I am able to assess my current level of ability and that of others in a variety of physical activities in at least 4 Areas.

8] I am able to identify others’ strengths and weaknesses.
9] I can recognise how my life benefits from regular physical activity.
10] I can communicate with others respectfully and value their opinion.
11] I am considerate towards others during physical activity.
12] I can measure my heart rate, and am aware of how my heart rate may be used to
determine my aerobic zone and training zone.
13] I am able to pace my performance for the set duration of any physical activity.
14] I can prepare mentally for an event/game/challenge in physical activity.
15] I can perform a sport specific warm up and cool down in at least 4 Areas.

**Subject focus: Fitness**

1] I can identify at least four activities aimed to improve each of the following types
of fitness components: Strength; Speed; Agility; Flexibility; Stamina.
2] I can monitor fitness using R.P.E. (Rate of perceived exertion-Borg’s Scale), and
can record my heart rate during activity, in order to determine the level of
intensity of the activity at hand.
3] I can understand and apply the principles of training of progression, overload and
individualization in order to improve the level of fitness.
4] I can perform correctly various body weight exercises designed to improve
functional strength whilst being able to identify (through self and peer assessment)
the main teaching points.
5] I can demonstrate proper movement and technique in exercises designed to
improve speed (at least by being able to sprint effectively 20m- performing three
basic starts: facing forward, facing laterals and facing backwards) and
6] I can demonstrate proper movement and technique in exercises designed to
improve agility (at least by being able to change direction effectively [45°-180°]
after a 20m acceleration- on both feet).
7] I can perform individually a series of dynamic and static stretching exercises., in
order to improve my flexibility. I am also able to perform an adequate warm up
specific to the particular activity I am involved in.
8] I can complete exercises designed to improve stamina (at least by being able to
complete an 8-minute workout involving eight different functional exercises using
a 40:20seconds work: rest ratio.
**Subject focus: Invasion Games**

1] I can give and receive a variety of passes (short, medium and long passes) with the correct technique.

2] I can help my teammates to keep possession (up to a 4vs4 situation) by using width and depth, by creating support angles and by creating space for myself or for my team-mates.

3] I can exploit a 1vs1 situation in attack and finish at the scoring target with the right technique and determination.

4] I can create space and scoring opportunities, by performing a variety of individual runs or by collaborating with my teammates (as switching positions).

5] I can defend well in a 1vs1 and 2vs2 situation with the correct technical and tactical principles.

6] I can anticipate the ball at the right time by positioning myself well according to position of the ball and the opponent.

7] I am able to defend in numerical disadvantage (delay) as in 1vs2 or 2vs3.

8] I can help my teammates to provide press, cover and balance during the defensive phase.

**Subject Focus: Net Games**

1] I can use a wider repertoire of shots/passes to set up an attack.

2] I can play the appropriate skill to pass the ball to a teammate to build an attack (volleyball).

3] I can play the appropriate skill to build an attack (badminton/tennis).

4] I can play the correct defensive skill and be in a ready position to make a defensive play.

5] I can serve the ball/shuttle sending it in the intended direction (accuracy) in a designated area.

6] I can deny space to the opponent where the ball can be played.

**Subject Focus: Athletics**

1] I can perform a smooth clearance off the starting blocks and accelerate to a maximum velocity in a short time.

2] I can use proper technique in sprinting with high knees and proper arm action, finishing off with a dip.
3] I can build up my endurance to run at a constant pace with a distance between 1000m to 1500m.

4] I can demonstrate a high jump using the Fosbury Flop and/or the scissors technique while performing all the phases.

5] I can perform a good long jump technique (9 or 11 steps), with the proper approach, take-off and landing.

6] I can glide using a shot put of 3kg for girls and 4kg for boys, while maintaining balance.

7] I can perform a discus throw using a 1kg to 1.25g implement.

**Subject Focus: Swimming**

1] I can push, glide and swim a distance of 50m of backstroke, front crawl and breaststroke technique (BLABT).

2] I can take off the blocks by using either the grab or track start and resurface after a minimum of 5 metres.

3] I can perform the backstroke start and resurface after a minimum of 5 metres.

4] I can do a controlled flip turn.

5] I can demonstrate how to wear a life jacket and keep a proper ‘heat escape lessening position (H.E.L.P.)’ whilst in the water.

**Subject Focus: Gymnastics**

1] I can perform different pyramids in pairs and in groups.

2] I can perform skills with a controlled take-off and landing position.

3] I can use all the space and diagonals in my routine.

4] I can move into and out of the gymnastics actions, skills and balances fluently whilst showing good weight transfer.

5] I can perform a 45 seconds gymnastics routine that shows body control, extension and expressive elements.

6] I can perform one rotational vault.

7] I can demonstrate a strong push and tight form off the vaulting apparatus.

8] I can show good height off the apparatus and a good landing away from the vault.
Subject Focus: Educational Dance

1] I can demonstrate original ways to use weight/force in the routine.

2] I can use space creatively when planning and performing a dance routine.

3] I can include change in time while keeping rhythm throughout the dance.

4] I can execute a dance routine with energy, confidence, continuity and flow.

5] I can refine the technique to perform ‘clean’ movements.

6] I can plan and present a dance routine of not less than 45 seconds that shows body control and expressive elements.

Subject Focus: Outdoor Education

1] I know how to treat soft tissue injuries (sprains, strains, bruises, cuts and abrasions).

2] I can cycle on different terrains, interpret road signs and adhere to road safety regulations whilst cycling for 25-35 minutes.

3] I can coil a rope and do any four basic knots (double figure of eight, stop knot, bowline knot reef knot, constrictor knot, half hitch knot).

4] I can trek a route of 6km.

5] I can use and interpret the readings of a mobile ‘application’ (GPS) that is aimed for trekking.

6] I can choose an ideal location to pitch a tent outdoors and assemble it in a small group.

LEVEL10

Subject Focus: Working towards offering students a holistic development

1] I am able to transfer complex skills from one physical activity to various other activities.

2] I perform proficiently in different types of learning tasks to develop a range of physical activities in more than four areas.

3] I can observe and describe my own performances and that of others in complex contexts.

4] I am able to perform different types of physical activities in more than four areas that require specific demands.
I know the complex rules of a range of activities in more than four areas and use them to participate in a fair and inclusive way.

I am able to apply the safety rules of each physical activity.

I am able to assess my current level of ability and that of others in a variety of physical activities in more than four areas.

I am able to identify others’ strengths and weaknesses and use them effectively.

I can recognise how my life benefits from regular physical activity.

I can communicate with others respectfully and value their opinion.

I am considerate towards others during physical activity.

I can measure my heart rate and am aware of how my heart rate may be used to determine my aerobic zone, training zone and pulse recovery rate.

I know how my body systems function together during physical activity.

I can mentally rehearse myself prior to the actual performance.

I can perform a sport specific warm up and cool down in more than four areas and know the reverse effects if not done properly.

**Subject focus: Fitness**

1] I can identify a variety of ways how I can improve each of the following types of fitness components: Strength; Speed; Agility; Flexibility; Stamina.

2] I can monitor fitness using data from various resources (such as heart rate monitors, GPS and R.P.E. -Borg’s Scale), and can analyse the results of such data, in order to improve.

3] I can understand the principles of training of progression, overload, individualization and reversibility, in order to improve the level of fitness, and can apply these principles to plan adequately a personal training program for several weeks.

4] I can perform and assess correctly various body weight exercises designed to improve functional strength, whilst being able to plan a functional strength circuit specific to the age and ability of different individuals.

5] I am able to perform and identify exercises which are designed to improve explosive strength (power), static strength (isometric strength), and dynamic strength (strength endurance).

6] I can demonstrate proper movement and technique in exercises designed to improve speed (at least by being able to sprint effectively 20m- performing three
basic starts: facing forward, facing laterals and facing backwards; and also by being able to react fast to different stimuli - acoustic, visual and kinaesthetic stimuli)

7] I can demonstrate proper movement and technique in exercises designed to improve agility (at least by being able to change direction effectively [45°-180°] after a 20m acceleration- on both feet, and by being able to use agility properly in game situations).

8] I can perform individually a series of dynamic and static stretching exercises., in order to improve my flexibility. I am also able to perform and adequately plan a specific warm up relevant to the particular activity I am involved in.

9] I can complete exercises designed to improve stamina (at least by being able to complete a 10-minute workout involving ten different functional exercises using a 40:20seconds work: rest ratio).

Subject focus: Invasion Games

1] I can give and receive a variety of passes with a high degree of success and consistency.

2] I can help my teammates to keep possession (up to a 4vs4 situation) by using width and depth, by creating various lines and support angles and by offering proper support.

3] I can exploit a 1vs1 situation in attack and finish at the scoring target with a high degree of success and consistency.

4] I can exploit a 2vs2 situation in attack, by using a number of combinations (as the overlap, backdoor or the wall pass).

5] I can help my team-mates to win the ball immediately after it is lost, by performing fast defensive transitions.

6] Once we gain possession, I can help my team-mates to exploit the defensive disorganization of the opponents, by performing fast offensive transitions.

7] I can defend well in a 1vs1 up to a 4vs4 situation with the correct technical and tactical principles.

8] I am able to defend in numerical disadvantage (delay) as in 1vs2 or 2vs3, with a high degree of success and consistency
9] I can help my teammates to provide press, cover and balance during the defensive phase, with a high level of success and consistency.

Subject Focus: Net Games

1] I can use a wide repertoire of shots / passes to set up an attack with a high degree of success and consistency.
2] I can play the correct technique to pass the ball to a teammate to build an attack with a high degree of consistency and success (volleyball).
3] I can purposefully vary the service to send it in the intended direction (accuracy) in a designated area with a high degree of success and consistency.
4] I can constantly move to and from base, play the correct technique to hit the ball / shuttle with a high degree of success and consistency.
5] I can purposefully select and play successfully various techniques/skills in a game context with a high degree of success and consistency.

Subject Focus: Athletics

1] I can perform all the phases of a sprint with a high level technique.
2] I can maintain a constant pace in a 3000m middle distance run.
3] I can execute the Fosbury flop with refined technique.
4] I can execute refined long jump technique, using either the hitch kick, sail or hang.
5] I can perform a rotational technique using a shot put of 3kg or 4kg.
6] I can perform a discus through using a 1kg implement with a high degree of success and consistency.

Subject Focus: Swimming

1] I can push, glide and swim a distance of 50 metres of backstroke, front crawl and breaststroke techniques (BLABT) and perform the appropriate turn with control.
2] I can take off the blocks, dive, perform the appropriate body movement (arm pulls and dolphin kicks) and resurface after a minimum of 10 metres but not more than 15 metres.
3] I can perform the backstroke start, submerge by using the appropriate body movement and resurface after a minimum of 10 metres but not more than 15 metres.
4] I can jump into the pool with casual attire and swim a distance of 25 metres.
5] I can demonstrate how to put on a life jacket with the feet off the pool floor and perform a proper H.E.L.P. position.

**Subject Focus: Gymnastics**

1] I can demonstrate refined technique when executing skills.
2] I can explore ways of improving a routine.
3] I can identify the strengths and weaknesses of a performance.
4] I can be original in planning a 1 minute gymnastics routine showing movements with consistency, fluency and clarity.
5] I can show flair, great expression and confidence when performing a routine.
6] I can perform rotational vaults showing clear execution throughout all the phases of the jump.

**Subject Focus: Educational Dance**

1] I can communicate the mood/feeling/theme of the dance with appropriate expression.
2] I can demonstrate refined technique when executing movements.
3] I can suggest ways to improve and refine actions and increase the quality of performance.
4] I can analyse the strengths and weaknesses of a dance routine.
5] I can dance with a partner or in a group using contact work and simple lifts.
6] I can use unique ways to connect and perform a range of different body actions and movements in the dance routine of not less than 60 seconds.

**Subject Focus: Outdoor Education**

1] I have the necessary skills and attitude needed to work in a group during team building games.
2] I have in-depth knowledge of the requirements for outdoor related activities.
3] I can prepare a first aid kit for outdoor activities and know how to attend to outdoor related injuries.
4] I can change a flat tyre, check my bike for safety, cycle on different terrains, interpret road signs and adhere to road safety regulations and etiquette when cycling for 45mins in a small group.

5] I can do basic knots and have knowledge of when to use them (double figure of eight, stop knot, bowline knot reef knot, constrictor knot, half hitch knot).

6] I can trek a route of 8 km and have a good understanding and knowledge of outdoor manners.

7] I can choose an ideal location to pitch a tent outdoors and assemble and dismantle it in a small group.

8] I can mark a route on a map by using the compass and compare my findings with the readings of a mobile ‘application’ (GPS) that is aimed for trekking.