**Colours – Sport**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tutor\_\_\_\_\_\_\_\_**

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| **x** | **To be awarded HALF COLOURS you must meet the criteria in bold and 2 other criteria. (1 must have taken place in school).** Please tick the boxes that apply.**To be awarded FULL COLOURS you must meet the criteria in bold and 3 other criteria. (2 must have taken place in school).** Please tick the boxes that apply. | **Evidence of Achievement**Student to provide a detailed description of activity and dates. Please use a different example for each criteria. | **Supervisor name, role and signature.** |
| **x** | **Be an exemplary pupil in the PE department, consistently wearing appropriate kit and producing your best effort with a positive attitude embodying honest competition.** |  |  |
|  | Show commitment to sport inside school via extracurricular clubs and/or outside of school by participating 2 hours per week at a minimum *e.g. clubs/personal activity.* |  |  |
|  | Be selected to represent your sport in a Regional (half colours only) / National / International sporting event or competition for school/club *e.g. Scottish Schools Athletics, Aberdeenshire Schools’ Football, Scottish Schools Swimming, Regional select Squad.* |  |  |
|  | Commit to promoting whole school health and wellbeing through involvement in working groups *e.g. Young Ambassadors, Health and Wellbeing Young Leaders, School Sports Committee.* |  |  |
|  | Lead/be responsible for organising and running a sporting event/club within the school *e.g. leading a lunchtime sports club for younger pupils, organising activities for a wider health promoting event within the school.* |  |  |
|  | Commit time to helping in junior classes/teams and/or helping individual learners to develop skills in PE and sport for at least two full school terms *e.g. classroom help, individual support, leading small groups.* |  |  |
|  | Achieved sporting qualifications *e.g. Black belt in Martial Arts, Football Level 1 coaching award, Gymnastics badges.* |  |  |
| **Colours Awarded** | Yes/No Half/Full  |  |  |
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| Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (to be signed by member of colours committee) | Date \_\_\_\_\_\_\_\_\_ |