

Your Learning Journal

Stage 3 PE Life Skills Award

Recognising and rewarding the development of life skills in and through PE







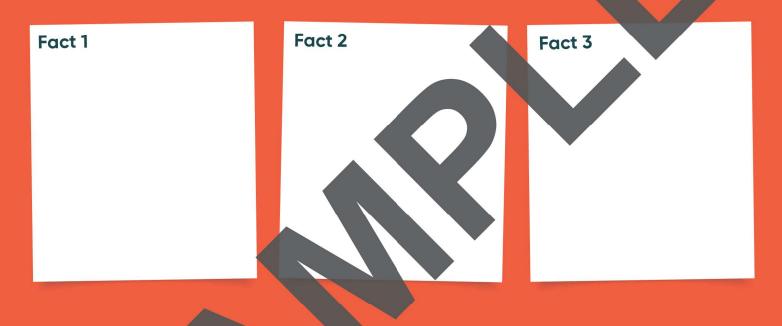
Physical Skills

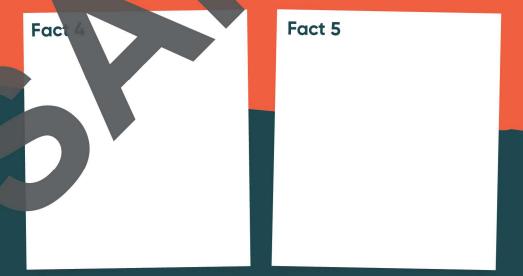
I can lead an active life

Physical skills are all about being able to move efficiently, effectively and imaginatively in different activities leading to an active life. During this part of your Learning Journal, you will need to show how you can work with others to keep active.

How does PE help you?

Think about why PE is important. Complete five amazing facts about how Pérson help you. For example, PE helps me to feel happier by releasing happiness hormonic Five **AMAZING** facts about PE:









Social Skills

Understanding and working with others

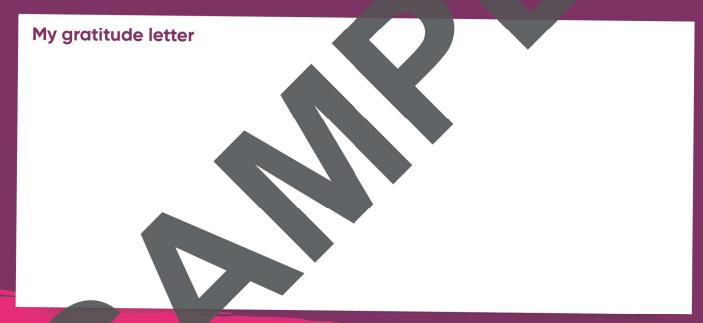
Social skills are about understanding the behaviour of individuals and others. This will help you interact, connect and work collaboratively with other people in PE and life. Through PE you will be able to build social skills, including:

Gratitude - Empathy - Fairness - Trust - Respect Communication - Co-operation - Encour

Gratitude

Showing thanks for what you have and to others

Showing gratitude to other people can make you happier. William mini thank you note for someone you take part in PE or physical activity with tell then, why you are grateful?



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Unc tar her geople might feel

> aw your idea here Write

What have you done to show empathy to someone else during PE?

For example, be encouraging when a classmate is struggling with a new skill.



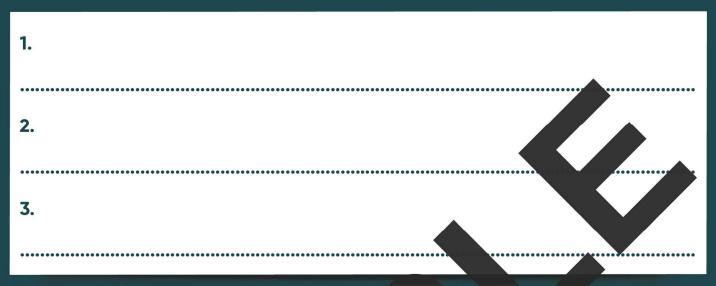




Self-motivation

Setting your own goals

A goal is something you want to achieve. What do you want to achieve in PE, sport and physical activity? Write down your activity goals here:



Responsibility

Being organised and helpful

What activity could you organise to help other. ctive? me



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