

**Significant Aspects of Learning**

**in**

**Physical Education**



# Personal Qualities



# Confidence and Self Esteem

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*“In gymnastics, was confident that I would safely complete a forward roll.”*

*“In hockey, our team was confident that our tactics would be successful and we would win the match.”*

*“My experience at Friday Sports Club has improved my self-esteem.”*



# Determination and Resilience

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*“In football, my team lost an early goal but we were determined to stay positive and try and win the match.”*

*“In cross-country, I was struggling for breath but I kept going until the finish line.”*

*“In gymnastics, after not landing my handspring three times I kept practicing until I did it.”*



# Motivation

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*“I felt motivated to get the highest score in the multi-stage fitness test.”*

*“I play in the school netball team and we were motivated to win the summer tournament.”*

*“I was motivated to attend the hockey club so I could socialise with my friends.”*



# Respect and Tolerance

Due regard for the feelings, wishes, or rights of others.  
Willingness to accept behaviour and beliefs that are different  
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from your own.

*“In rugby, I gave positive feedback to my team mate when he passed the ball forward by accident.”*

*“In volleyball, I follow the rules and respect the umpire’s decision at all times.”*

*“I respect all my classmates for having different talents that allow them to excel in different activities.”*



# Responsibility and Leadership

The behavioural process of influencing another individual or group towards achieving their goal.



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*“I lead by example by always wearing my PE kit.”*

*“I act responsibly when asked to put the equipment away.”*

*“In basketball, I carry out the responsibilities of my position.”*



# Communication

The imparting or exchanging of information by speaking, writing, or using some other medium.



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*“In dance, I listened to the feedback from my classmate on my group’s routine.”*

*“I hockey, I shouted to my teammate that she had to mark the attacker.”*

*“In badminton, I pointed to my doubles partner where to stand when our opponents were serving.”*



# Physical Competencies



# Coordination and Fluency

The ability to use different parts of the body together smoothly and efficiently.



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The ability to use different parts of the body together smoothly and efficiently.

*“In skiing, I can link one turn into the next to control my speed.”*

*“In softball, I have effective hand-eye coordination enabling me to catch the ball.”*

*“In dance, I can perform moves smoothly ensuring the routine flows and is not disjointed.”*



# Gross and Fine Motor Skills

Movement of large and small muscle groups to perform a specific act.



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Movement of large and small muscle groups to perform a specific act.

*“In volleyball, I can effectively set the ball to my teammate using my fingers.”*

*“In cycling, I push the pedals using all the muscles in my legs.”*

*“In football, I take a goal-kick by swinging my entire leg at the ball.”*



# Kinaesthetic Awareness

Awareness of the sensations that are felt when performing a skill or activity.



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*“In golf, I can feel when I have hit a good drive without even looking where the ball goes.”*

*“In basketball, I knew my free-throw was going in the moment the ball left my fingertips.”*

*“In gymnastics, I was aware that my legs were straight as I could feel the tension throughout my whole body.”*



# Rhythm and Timing

Movement with uniform or patterned recurrence of a beat.



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Movement with uniform or patterned recurrence of a beat.

*“I dance, can coordinate movements to a rhythm.”*

*“In hockey, I make sure I release the ball at the right time so that our team’s attack does not lose momentum.”*

*“In gymnastics, I ensured my routine used slow and fast paced movements.”*



# Balance and Control

The maintenance of the centre of mass over the base of support.



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The maintenance of the centre of mass over the base of support.

*“In badminton, I always stand in the ready position so I can get to all areas of the court.”*

*“In football, I try not to dive in to tackles and lose control of my body.”*

*“In gymnastics I ensure my body is steady and stable when performing balances.”*



# Physical Fitness



# Core Stability and Strength

The maximum force of a muscle or group of muscles can apply against a resistance.



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The maximum force of a muscle or group of muscles can apply against a resistance.

*“In netball, I use strength to grab the ball from my opponents and start an attack.”*

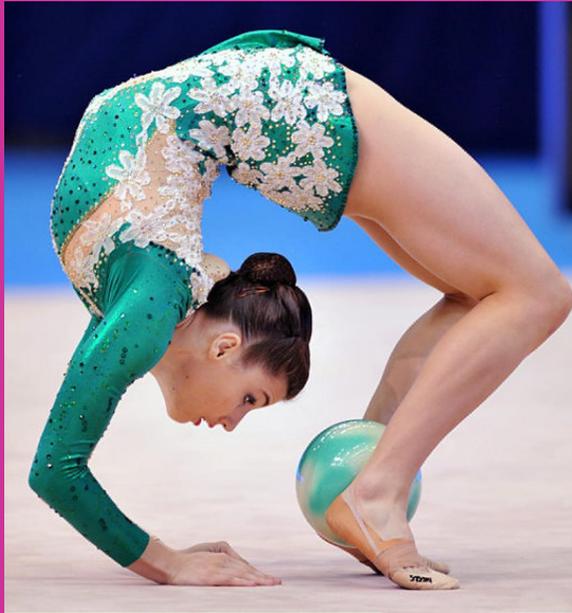
*“In football, I use strength to hold off defenders and protect the ball.”*

*“In athletics, I use strength to throw the shot put as far as I can.”*



# Flexibility

*The range of movement at or across or around a joint.*



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The range of movement at or across or around a joint.

*“In netball, I used my flexibility to reach for the ball when it was going out.”*

*“In dance, I used flexibility to create long smooth shapes in my routine.”*

*“In swimming, I used flexibility to ensure my elbow comes high out of the water.”*



# Speed

The maximum rate that a person can travel over a specific distance, and also how quickly a person can put body parts into action.



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The maximum rate that a person can travel over a specific distance, and also how quickly a person can put body parts into action.

*In football, I use speed to sprint past the defender to get to the ball first.*

*In tennis, I use speed to get from the back of the court to the net to play my next shot.*

*In gymnastics, I use speed in my run up to the trampette.*



# Stamina

The ability of the heart and lungs to work for a long period of time without tiring.



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The ability of the heart and lungs to work for a long period of time without tiring.

*“In rugby, I use stamina to play effectively throughout the match.”*

*“In softball, stamina helps me have a high level of concentration throughout the match.”*

*“Having good stamina allows me to feel comfortable in PE.”*



# Cognitive Skills



# Creativity

*The use of imagination or original ideas to create something.*



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The use of imagination or original ideas to create something.

*“I use creativity to devise a new skateboard trick.”*

*“In dance, I use creativity to make up a new routine.”*

*“In hockey, my team used creativity to invent a new short corner routine. This caught the opposition off guard.”*



# Decision Making

The action or process of making important decisions.



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*“In softball, I had to decide which base to throw it at to get the batter out.”*

*“In basketball, I decided to use the fast break strategy as at that point we were losing and needed to score high percentage baskets.”*

*“In skiing, I had to decide the best route down the mountain.”*



# Focus and Concentration

The action or power of focusing all one's attention.



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*“In football, the goalkeeper for my team had to concentrate when the other team were awarded a penalty.”*

*“In badminton, I always try and focus on being side on to generate power in my shots.”*

*“In netball, I had to try and focus on my shooting technique when the crowd were making a lot of noise.”*



# Problem Solving

The process of finding solutions to difficult or complex issues.



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*“In table tennis, I had to work out how to return my opponents spin serve.”*

*“In basketball, we decided to change from zone defence to man-to-man as we were conceding too many baskets.”*

*“In football, we made sure we tried to pass the ball on the ground as it was windy which made our passing less accurate.”*

