

Diagram: Significant Aspects of Learning in Physical Education

Movement skills, Competencies and Concepts HWB 21-22a Cooperation and competition HWB 23a Evaluating and appreciating HWB 24a Progressive learning contexts as the learner develops capacity and competence Complex Simple Predictable Unpredictable The significant aspects of learning in physical education should be regularly revisited Externally paced Self-paced through a broad range of relevant and realistic learning experiences across all levels Wide repertoire of skills Pressure of increased Limited repertoire of variables with less time skills to respond Kinaesthetic Awareness Limited pressure **Problem Solving Balance & Control** Focus & Concentration Coordination & Fluency **Decision Making** Cognitive **Physical** Rhythm & Timing Creativity Skills Competencies **Gross & Fine Motor Skills** Skills and attributes that support learning through performing in physical education **Physical** Personal Stamina Motivation Fitness **Qualities** Confidence & Self Esteem Speed Determination & Resilience Core Stability & Strength Responsibility & Leadership Flexibility Respect & Tolerance Communication