

# Quality Physical Education

## Significant Aspects of Learning "The Learning Map"



This resource is intended to promote teacher and pupil understanding of the skills and attributes that support learning through performing in Physical Education.

It provides alternative pupil friendly phrases and pictures within four areas.

These phrases can be used to help plan lessons, construct learning intentions and agree success criteria.

## Cognitive skills   Pupil phrases

### Problem solving

- come up with an idea
- try things out
- come up with a solution
- work it out



### Focus & Concentration

- think carefully
- look closely
- think hard
- ignore distractions
- watch and listen
- block out other things



### Decision making

- think of what to do
- make a decision
- what...?
- why...?
- when...?
- how...?
- where...?



### Creativity

- come up with an idea
- make something up
- show imagination
- be inventive



## Personal Qualities

## Pupil phrases

### Motivation

- want to do it
- want to do my best
- keen to perform well
- really interested



### Confidence & Self Esteem

- I can do it
- feel positive
- believe in myself
- feel good about myself
- feel comfortable



### Determination & Resilience

- keep trying my best when things are hard
- go all out / try my hardest
- I will do it
- stickability
- bounce back



### Responsibility & Leadership

- choosing to do the right thing
- to be in control of what you do
- reliable and sensible
- trusted to do your bit
- to lead and help others
- set a good example
- to organise & guide others



## Respect & Tolerance

- polite & thoughtful
- listen to others' ideas
- treat others how you want to be treated
- understanding & kind
- accept others' decisions & actions
- understand that other people find things hard



## Communication

- talk to your partner
- talk to your team-mates
- show signals or actions
- share information
- share ideas



## Physical Competencies

Kinaesthetic awareness

## Pupil phrases

- it felt right / good
- I can feel how my body is moving
- I know when it feels right
- I know when it feels wrong



Balance & Control

- steady & stable
- not wobbly
- my body can do it
- being in control of my body
- moving without falling over



Coordination & Fluency

- different parts of the body working as one
- arms and legs working together
- smoothly
- flowing



Rhythm & Timing

- in time
- move at the right time
- move at the right speed
- move to the beat / music



Gross & Fine motor skills

- big controlled movements using arms, legs and whole body
- small precise movements using hands, fingers, feet & toes.



## Physical Fitness

## Pupil phrases

### Stamina

- keep going when tired
- keep running
- keep moving for a long time



### Speed

- fast
- quick
- slow to fast
- fast to slow



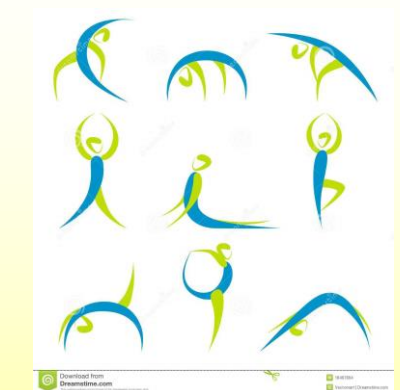
### Core stability & Strength

- keep strong around back and tummy
- using strong muscles



### Flexibility

- supple
- bendy
- stretchy
- moving arms & legs into wide shapes



This resource was produced collaboratively by PE Lead officers from Aberdeen City and Aberdeenshire. June 2014. Images have since been updated.

