

Your Learning Journal

Stage 4 PE Life Skills Award

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



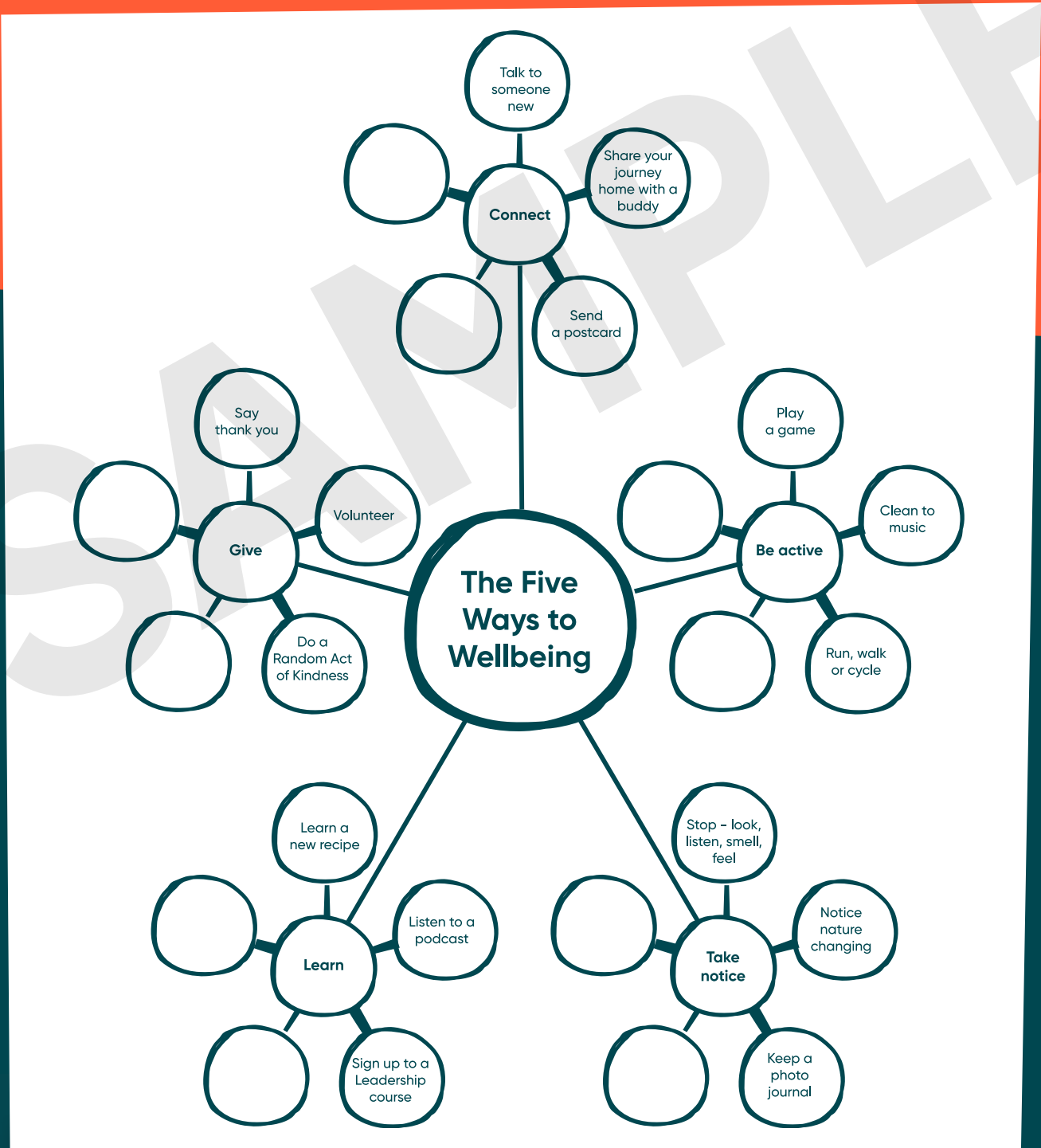
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Five actions have been proven to improve your wellbeing. These actions are called The Five Ways to Wellbeing. The five actions are

1. Connect
2. Be active
3. Take notice
4. Learn
5. Give

Some suggestions have been provided for what you could do to improve your wellbeing. There are also spaces for you to add your own suggestions. Circle one thing you will do from each of the five actions.



Social Skills - Your Progress through PE

Mark off the skills and behaviours below that you believe you have understood and shown:

Gratitude

I appreciate the contribution of others and the community around me.



Empathy

I recognise the different perspectives and points of view of others.



Fairness

I find ways to include everyone to meet everyone's needs, often seeking to balance my needs with those of others.



Trust

I bring out the best in others by allowing them opportunities to lead, share and collaborate.



Respect

I treat others as I would like to be treated. I value other people even when we are different and I disagree with them.



Communication

I can choose the right method and tone to make sure I am clear, confident and appropriate in what I am wanting to say.



Encouragement

I am a positive role model.



Cooperation

I enjoy working towards a common goal and regularly contribute ideas, effort, skills and resources to achieve it.



Reflection

I take time to think about my own and others' performance. I ask for and listen to feedback from a range of people.

Being able to reflect is an important life skill. It helps with learning and will be part of any performance review in your volunteering and working life. There is no one way to reflect and there are many ways to do it.

Use this model called the Gibbs's Reflective Cycle (1998) as a starting point for learning a process to improve your reflective skills. Use the space around the image to make your reflective notes.

