

# Your Learning Journal

*Stage 5: PE Life Skills Award*

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



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# Welcome to your Stage 5: PE Life Skills Award

The **PE Life Skills Award** will help you be recognised and rewarded for the life skills that you are developing by taking part in a wide range of physical activities.

The award focusses on the development of your life skills in four different areas:



**Physical skills**



**Social skills**



**Emotional skills**



**Cognitive skills**

And encourages you to use and develop your skills in a range of different environments, such as:



**Physical activity**



**Extra-curricular & sport**



**Community**



**Competitive sport**

These are life skills that will help you thrive, not only in your studies but also in wider life. Completing this award could be useful for:

- Showcasing your best self in university personal statements.
- Providing examples of how you have applied the skills listed in job applications.
- Gaining volunteering experience to show that you can work as part of a team.
- Evidencing the life skills you have developed as part of a portfolio of achievement.

This learner evidence guide is yours to keep. It provides you with a place to record what you've done, reflect on what you've achieved and consider how your skills might be useful in other areas.

# Gaining the PE Life Skills Award

## The Stage 5 PE and Life Skills Award has been designed to be flexible.

Each of the four skills (emotional, cognitive, physical and social) has a list of values that can be developed through sports and physical activity.

For example, as part of social skills you will be asked to work on or consider the following values:

**Gratitude – Empathy – Fairness – Trust – Respect**

**Communication – Co-operation – Encouragement**

To achieve the award, you will have to provide evidence to your tutor that you have demonstrated a certain number of these values through sport and physical activity. Throughout each section you will be guided on the minimum you have to do but you are welcome to work on as many of the skills and values as you want.

Each of the four life skills areas (emotional, cognitive, physical and social) has its own section in the pages that follow. There are tables in each section that will give you examples of what you could use as evidence. This is not an exhaustive list. It is your choice how you evidence this. Some further general ideas have also been included at the end of this guide.

You will also find a section that gives you some strategies and top tips for developing your reflection, time management, self confidence and innovation skills. This section is included as a reference point for supporting you to get the best out of completing the Stage 5 PE and Life Skills Award.

# Physical Skills

**Physical skills are all about moving efficiently, effectively, and imaginatively in different activities leading to an active life. The skills cover what sport and physical activity you do in a variety of places; in college, in the community, at home and as part of a sports club.**

**Task:** Make a note of what informal physical activity you do and how you choose to be active. Also include if you help and encourage others to be active.

Physical Activity	
<b>Expectation for you as a student</b>	You understand and value the benefits of participating in informal physical activity, choosing to be active and encouraging others to also be active.
<b>What do you do?</b>	

## Environment

**Task:** There are a range of different times and places where you might take part in sport and physical activity. Choose at least **one** environment from the table below to evidence. Some suggested ideas have been added below to help you. You can demonstrate this value as a volunteer, leader, coach, or participant.

### Extra-curricular

What you need to do	How you might do this through sport and physical activity
You regularly engage in extracurricular physical activities and sport, valuing opportunities to represent yourself, your peer group, college, or school. You encourage others to take part in extracurricular activities	<ul style="list-style-type: none"> <li>Keep a diary of all the extracurricular activities you take part in.</li> <li>Create a photo montage of all the people you have encouraged to get involved in extracurricular activities.</li> </ul>

### Community

What you need to do	How you might do this through sport and physical activity
You regularly choose to support your school or college community, home life and local community. You value opportunities to volunteer/support/coach and/or lead others and are a role model to others.	<ul style="list-style-type: none"> <li>Ask for written/video feedback on your community involvement from one of the adults who supports you.</li> <li>Sketch a mind map of the different roles you do in your community activities.</li> <li>Write about how and where you are a role model to others in a community activity. Include how you know you are a positive role model.</li> </ul>



## Competitive sport

What you need to do	How you might do this through sport and physical activity
You participate, enjoy and value competition experiences that meet your own needs and the needs of others. You skilfully involve others in a variety of competitive situations.	<ul style="list-style-type: none"><li>• Keep a diary of your competitive experiences. Include the details of the competition as well as your feelings.</li><li>• Explain what you get from taking part in competitive experiences. How does being competitive help to develop transferable skills you can use in your life?</li><li>• Describe how you support and get others involved in competitions.</li></ul>

## Values

**Task:** Choose **two** of the following values. Explain how you demonstrate them through sport and physical activity.

## Actual competence

What you need to do	How you might do this through sport and physical activity
You can apply and adapt a range of techniques to different sports and activities, appreciating the transferability of skills. You can demonstrate competent techniques when helping others.	<ul style="list-style-type: none"><li>• Collate at least three techniques from one sport that you have tried to include in another sport. Were you successful?</li><li>• Show how you have helped others develop their skills and techniques.</li><li>• What did you enjoy about helping others? What was challenging about helping others?</li></ul>

## Health/fitness/wellbeing

What you need to do	How you might do this through sport and physical activity
You value the importance of leading healthy active lifestyles and make lifestyle choices that reflect good physical, mental and emotional health. You are a wellbeing role model to others.	<ul style="list-style-type: none"><li>• Keep a mood diary. Notice any patterns, like time of day, the food you eat and who you spend time with and how it affects your mood.</li><li>• Lead an activity that makes people feel good and boosts their mood.</li><li>• Keep a list of things you have completed that are good for your mental health and wellbeing. The Five Ways to Wellbeing is a great place to learn about different things you can do.</li></ul>



# Motivation

What you need to do	How you might do this through sport and physical activity
You apply yourself to your activity choices, maximising the benefits from your efforts. Your energy motivates and inspires those around you.	<ul style="list-style-type: none"><li>• Set yourself some goals including the steps it will take for you to achieve them.</li><li>• Research and create a digital poster, presentation or series of social media posts with tips for how to stay motivated.</li><li>• Research and use the Pomodoro technique as a strategy for staying focused.</li><li>• Be positive towards friends and family. Encourage them and let them know that they are doing great.</li></ul>

## Physical skills reflection

Use the checklist for the **environment** you have worked in as part of your physical skills.

**Extra-curricular**       **Community**       **Competitive sport**

Write a short reflection on how you have done this.

I know I have developed in this environment because...

Use the checklist for the **two values** you have worked in as part of your physical skills.

**Actual competence**       **Health/fitness/wellbeing**       **Motivation**

Write a short reflection on how you have done this.

I know I have developed and used these two values because...

Describe how you advocate, lead and champion others to demonstrate and develop their physical skills.



# Helpful strategies and top tips to support collecting evidence

There are a several useful skills and behaviours that will make collecting the evidence required for this award easier.

These include:

1. Reflection skills
2. Time management skills
3. Self-confidence skills
4. Creativity and innovation skills

This section has lots of strategies and top tips for you to have a go at and develop these transferable skills.

## 1. Developing your reflection skills

By considering things you have done, what you thought and felt about them, you will develop a more insightful understanding of yourself. The benefits of regular reflection include:

- Being able to appreciate and celebrate what you have achieved
- Developing ways to avoid making repeated mistakes
- Helping you to develop your skills.

There is no one way to reflect. It is up to you how you might prefer to do it. The only thing you need to do is be deliberate in taking time to reflect. Find five to ten minutes somewhere without distraction. Then get thinking, considering and pondering on your chosen reflective questions.

Some examples of how you can reflect include:

### **Go for a 'Ponder Wander' walk.**

Make some voice notes of your key reflections, thoughts and any actions you are going to do.

### **Sit somewhere familiar and comfortable.**

Write or draw your thoughts and reflections.

### **Go somewhere new.**

It will help provide a different perspective to your thinking and reflections.

### **Have a conversation.**

Ask someone to ask you a series of reflective questions. Make sure to talk about the good stuff as well as anything that went a bit wrong.

### **Use a reflection template.**

Check out the eight examples provided on the next page.

### **Record yourself talking about your experience.**

Keep talking until you can't think of anything else to say, then listen back to yourself and note any key reflections.

## Well done for working through each of the four skills!

Throughout the pages above we have provided you with lots of different ideas for how you can demonstrate the values of the PE Life Skills Award.

As a reminder, it is up to you what evidence you provide to your tutor. You can do this in a way that you find interesting. As a minimum requirement you should work through the reflection questions included in this document.

However, there are some further examples below of the different types of evidence you could provide and might be interested to try:

- **A written journal.** Have a go at documenting how you develop and practise your skills in a journal. Why not try bullet journalling or free journalling?
- **A photographic journal.** This could be digital or hard copy. How will you tell the story of your new skills through images? Include some written notes to explain and highlight where you have learnt from mistakes as well as your successes.
- **A blog.** Challenge yourself to set up your own webpage to provide regular informal updates.
- **A vlog.** Use an appropriate social media channel to record yourself sharing reflections, updates and how you are developing your skills.
- **A podcast.** Challenge yourself to make a series of podcast recordings that showcase your skills and demonstrate how you are developing them. Interview others who can share their examples and expertise.
- **A reflective diary.** This could be digital or hard copy.
- **A scrapbook** with a mixture of writings, sketches, photographs, etc.
- **A virtual bulletin board** like Padlet, Trello, Jamboard or Miro.
- **A digital presentation** using your choice of presentation software.

Many of these ways of recording evidence might require you to learn a new skill. For example, how to create an impactful presentation, setting up a blog webpage or how to record and edit a series of podcasts. This offers a great opportunity to double up your skill development through the process of recording your progress and achievements.