

Where else do you do like to keep active?

e.g., a local sports club.

Why is sport outside PE lessons valuable?

Who do you enjoy taking part in PE or physical activity with?

e.g., friends.

How does PE or being active make you feel? (Please tick)



What are you good at in PE?

1.

2.

3.

What do you want to practise more?

1.

2.

3.



Emotional Skills

Understanding how you feel

Emotional skills are about understanding how you feel about a situation and why you feel that way. You can use this understanding to plan and prepare yourself to take part in PE or physical activity, knowing that sometimes it will be fun and easy but sometimes it will be difficult

Through PE you will be able to build your emotional skills. These will include:

Self-belief - Honesty - Courage - Resilience - Integrity

Self-discipline - Responsibility - Self-motivation

Self-belief

Having confidence that you can do something

Come up with a list of words or phrases that make you feel more confident.

For example, I can do it.

1.

.....

2.

.....

3.

.....

What improves your confidence list three things below?

E.g. practising actions.



Decision-making

Making decisions based on the situation

Can you think of a time when you have had to make a difficult decision? What decision did you make and why?

What influenced your decision?
e.g. friends

Your progress through PE

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

