Your Learning Journal

Stage 1 PE Life Skills Award

Recognising and rewarding the development of life skills in and through PE
**Physical Skills - I can lead an active life**

**Physical activity** - I love playing and being active at school. Colour in a tick for every time you have been active in a week.

For example: ✔ ✔ ✔ ✔ Walked to school + PE lesson + playing tag at lunchtime + swimming after school = 4 ticks

<table>
<thead>
<tr>
<th>Monday</th>
<th>✔ ✔ ✔ ✔</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>✔ ✔ ✔ ✔</td>
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<tr>
<td>Wednesday</td>
<td>✔ ✔ ✔ ✔</td>
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<td>Thursday</td>
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<td>Friday</td>
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<td>Saturday</td>
<td>✔ ✔ ✔ ✔</td>
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<tr>
<td>Sunday</td>
<td>✔ ✔ ✔ ✔</td>
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</tbody>
</table>

How many ticks did you get in a week? [ ]

Total ticks = [ ]
Physical Skills - I can lead an active life

Motivation - I am keen to take part.
Colour in the pictures that show why you like playing and being active?

- Fun
  - It's fun.
- Family
  - It makes me happy.
  - I like doing things with my family.
- Friends
  - I like being with friends.
- Learning
  - I like learning new things.
- Winning
  - I enjoy winning.