

Your Learning Journal

Stage 1 PE Life Skills Award

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



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Your Progress Sheet

Tick each Life Skill as you complete the activities:



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

How many ticks did you get in a week?

Total ticks =



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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?



It's fun.



It makes me happy.



FAMILY

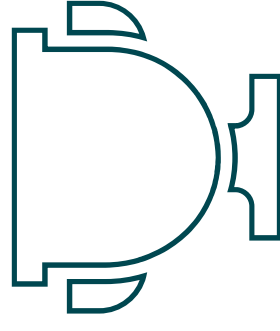
I like doing things with my family.



I like being with my friends.



I like learning new things.



I enjoy winning.



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