

# Fairness

## *Finding a way to include everyone*

You notice someone in your PE group is not involved as no one has included them. What could you do to help?

# Trust

## *Knowing that you can share ideas and feelings*

Who trusts you? How does it feel to be trusted? Choose an emoji. . . (Please tick)



# Respect

## *Treating others how you would like to be treated*

Complete the sentence below:

**I have practised being respectful by. . .**

e.g., listening to someone else



## Emotional Skills

# Understanding how you feel

Emotional skills are understanding how you feel about something 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

*Believing that you can do something*

Write or draw three things that you can do in PE and physical activity.

Three large white rectangular boxes for writing or drawing. A large, faint, diagonal watermark reading "SAMPLE" is overlaid across the entire page.

Ask someone else in your class or at home what they think you are good at in PE and physical activity. **Write or draw their answer below:**

A large white rectangular box for writing or drawing the answer to the question above.



## Cognitive Skills

# Understanding how you think and learn

Cognitive skills are about how you think, explore and work things out. In PE and life, you will need to know how and when to use different thinking skills to help you get better.

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

**Curiosity – Imagination – Concentration  
Resourcefulness – Reflection – Problem-solving  
Evaluation – Decision-making**

### Curiosity

*Exploring to discover and learn*

What do you want to know more about in PE and physical activity?

It could be anything, for example, a new sport or a new way to do something.

**Draw or write your idea below.**

