

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 Education I take part regularly in PE lessons, I enjoy moving and learning why PE is important.	Physical Activity I love playing and being active at school.	Community I love being active when not in school.	Competition I enjoy being part of fun competitions.	Competence I can move confidently and in different ways.	Healthy Body and Mind I know ways to have a healthy body and mind.	Motivation I find moving and being active fun and enjoyable. I am keen to take part.	
Gratitude I can show thanks to myself and other people.	Empathy I understand how others feel.	Encouragement I help to encourage others.	Fairness I find a way to be fair and include everyone.	Trust I can share my ideas and feelings.	Respect I am aware of how I can be similar and different to other people.	Communication I can listen and express myself clearly.	Cooperation I can work well with others.
Self-belief I know I can do it.	Honesty I tell the truth and own up to my mistakes.	Courage I am willing to have a go, even if it feels scary, difficult or is new.	Resilience I keep trying even when things get tough.	Self-discipline I respect the rules.	Self-Motivation I can set my own goals.	Responsibility I am organised and helpful.	Integrity I will always try to do the right thing.
Curiosity I can discover and learn.	Problem-solving I find ways to solve a problem.	Imagination I can create new ideas.	Concentration I can focus on what I am doing.	Resourcefulness I have experienced using different equipment.	Reflection I can say what I thought, saw, heard or felt.	Evaluation I know what I am good at and could be better at.	Decision-making I use facts and feelings to help me make decisions.



Social Skills – Understanding and working with others

Communication – I can listen and express myself clearly.

Match the pictures with the words.



Well done!



Happy



Sad



I am not sure



Angry



Good



Not very good

Tick the box when you have done the following.

☐

I show I am listening.

☐

I use people's names.

☐

I use the right level of volume when talking.

☐

I know when someone else is upset.

☐

I know when someone is enjoying playing with me.



Thinking Skills – Understanding how you think and learn

Concentration – I can focus on what I am doing.

Write your name on the Concentration Super Star certificate when you have completed a challenge without being distracted.

