Your Learning Journal
Stage 3 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 skills are all about being able to move efficiently, effectively and imaginatively in different activities leading to an active life. During this part of your Learning Journal, you will need to show how you can work with others to keep active.

How does PE help you?

Think about why PE is important. Complete five amazing facts about how PE can help you. For example, PE helps me to feel happier by releasing happiness hormones.

Five AMAZING facts about PE:

Fact 1
Fact 2
Fact 3
Fact 4
Fact 5
Social Skills
Understanding and working with others

Social skills are about understanding the behaviour of individuals and others. This will help you interact, connect and work collaboratively with other people in PE and life. Through PE you will be able to build social skills, including:

- Gratitude - Empathy - Fairness - Trust - Respect
- Communication - Co-operation - Encouragement

**Gratitude**

*Showing thanks for what you have and to others*

Showing gratitude to other people can make you happier. Write a mini thank you note for someone you take part in PE or physical activity with – tell them why you are grateful?

**My gratitude letter**

---

**Empathy**

*Understanding how other people might feel*

Write or draw your idea here

**What have you done to show empathy to someone else during PE?**

For example, be encouraging when a classmate is struggling with a new skill.
Self-motivation

Setting your own goals

A goal is something you want to achieve. What do you want to achieve in PE, sport and physical activity? **Write down** your activity goals here:

1.

2.

3.

Responsibility

Being organised and helpful

What activity could you organise to help others get more active?

Outline at least three things you would hope to organise to make sure others could participate:

Young Success through PE

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

- **Self-belief** I know I can do it
- **Integrity** I will always try to do the right thing
- **Self-discipline** I can manage my feelings and actions
- **Honesty** I always tell the truth and own up to mistakes
- **Courage** I will overcome my fears
- **Resilience** I keep trying even when things get tough
- **Self-motivation** I can set my own goals
- **Responsibility** I am organised and helpful

www.youthsporttrust.org @YouthSportTrust

© Leadership Skills Foundation 2023 | LS156-1-0823