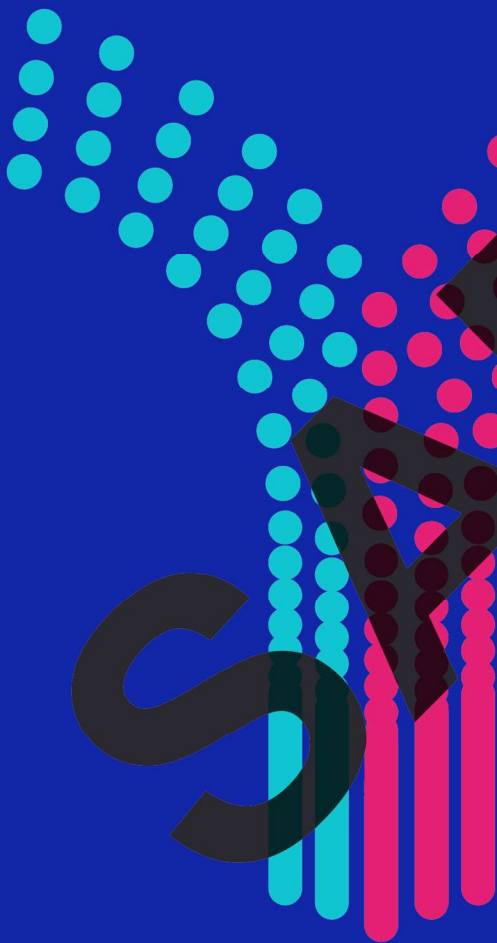


Your Learning Journal

Stage 2 PE Life Skills Award

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



Accredited by



Social Skills

Understanding and working with others

Social skills are all about understanding the behaviour of yourself and others. This will help you connect and work well with other people in PE and life. Through PE you will be able to build your social skills including:

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

Gratitude

Showing thanks for what you have and to others

List three people you are thankful for and write why. Include at least one example from PE or when you are active.

For example, 'I am grateful to Mrs Jones because she always makes lessons fun'.

1. _____

2. _____

3. _____

Empathy

Understanding other people might feel

Write and draw your idea here

What can you do to show empathy to someone else during PE?
For example, be encouraging when someone can't do something.



Integrity

Doing the right thing even when no one is watching

How do you show integrity? Or how could you? Choose which are true and which are false.

I can show integrity by . . .

Doing my best

True or False

Standing up for others

True or False

Blaming someone else for something

True or False

Being a good friend

True or False

Saying sorry when I need to

True or False

(Please circle your answer)

Self-Discipline

Managing your feelings and actions

What helps you feel calm? Colour in the clouds for what helps you to feel calm or relaxed or add your own.

Drawing
or colouring

Taking
deep breaths

Doing sport or
physical activity

Going for
a walk

Listening
to music

Counting down
from 100

Telling yourself
it will be okay

Watching TV

Talking
to someone

Playing
a game



Congratulations!

You have completed your Learning Journal for **The PE Life Skills Award (Primary)**. Hopefully you found it a fun and useful way to record your learning. Your teacher can add a comment below for you to keep in your journal.

Teacher comments

SAMPLE

Teacher signature

Date:

