

Your Learning Journal

Stage 3 PE Life Skills Award

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

SAMPLE



Accredited by



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 become more active?

Outline at least three things you will do to organise to make sure others could participate:

Your success through PE

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

