

Your Learning Journal

Stage 4 PE Life Skills Award

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



Accredited by










Physical activity

I understand the benefits of being physically active. I choose to be active in everyday life.

All physical activity counts even if it is through another activity like scouting, drama, doing errands for your family, helping someone move house, or cleaning your room. Anything that you do for a minimum of ten minutes will count towards you recommended 60 minutes for each day.

What do you do to complete 60 minutes of physical activity each day?

Complete the table to show what you do on different days and times you are physically active for.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
SAMPLE						

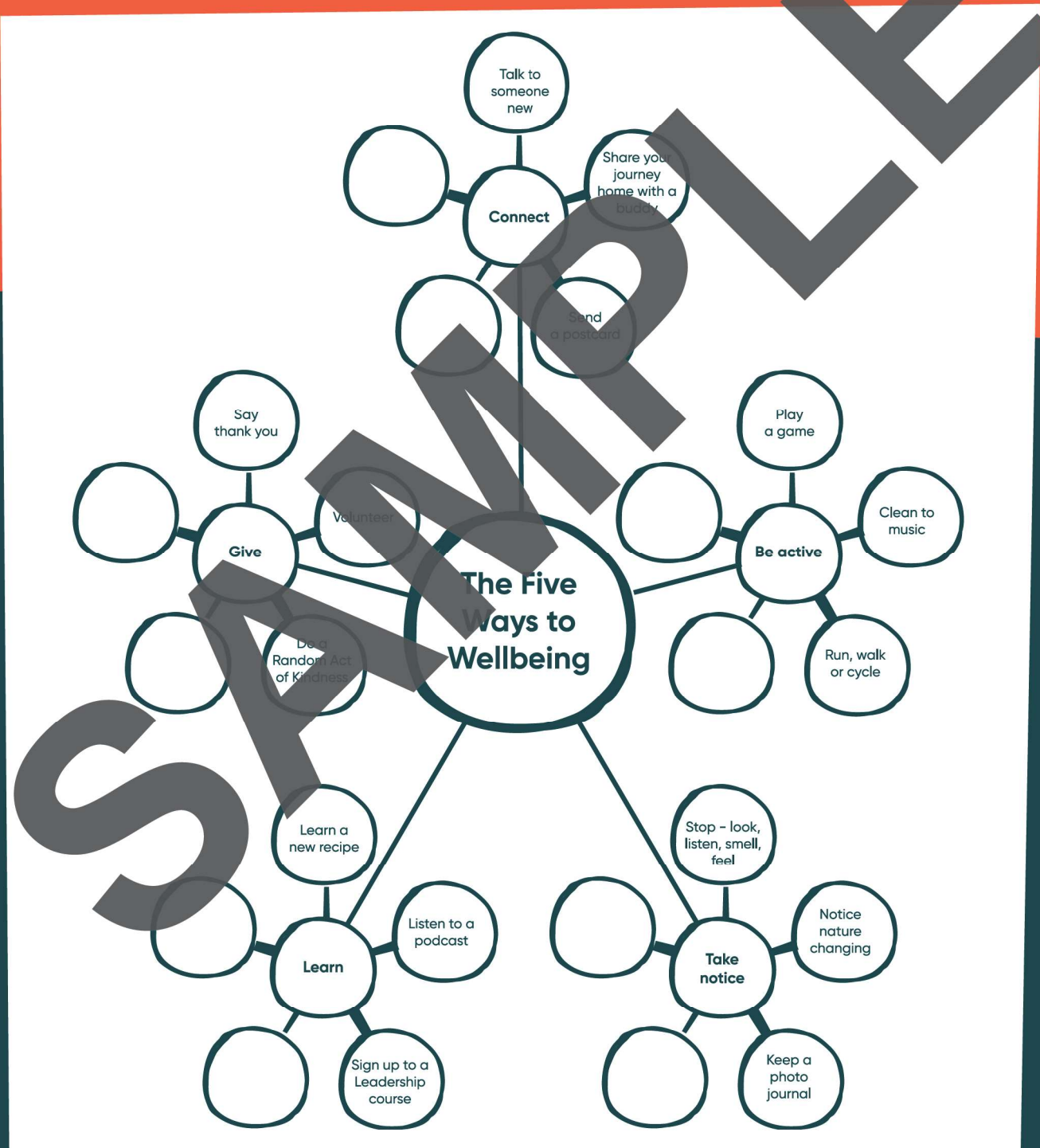
What activity would you like to try that you have never tried before?



Five actions have been proven to improve your wellbeing. These actions are called The Five Ways to Wellbeing. The five actions are

1. Connect
2. Be active
3. Take notice
4. Learn
5. Give

Some suggestions have been provided for what you could do to improve your wellbeing. There are also spaces for you to add your own suggestions. Circle one thing you will do from each of the five actions.



Cognitive Skills

Understanding how you think and learn

Thinking 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:

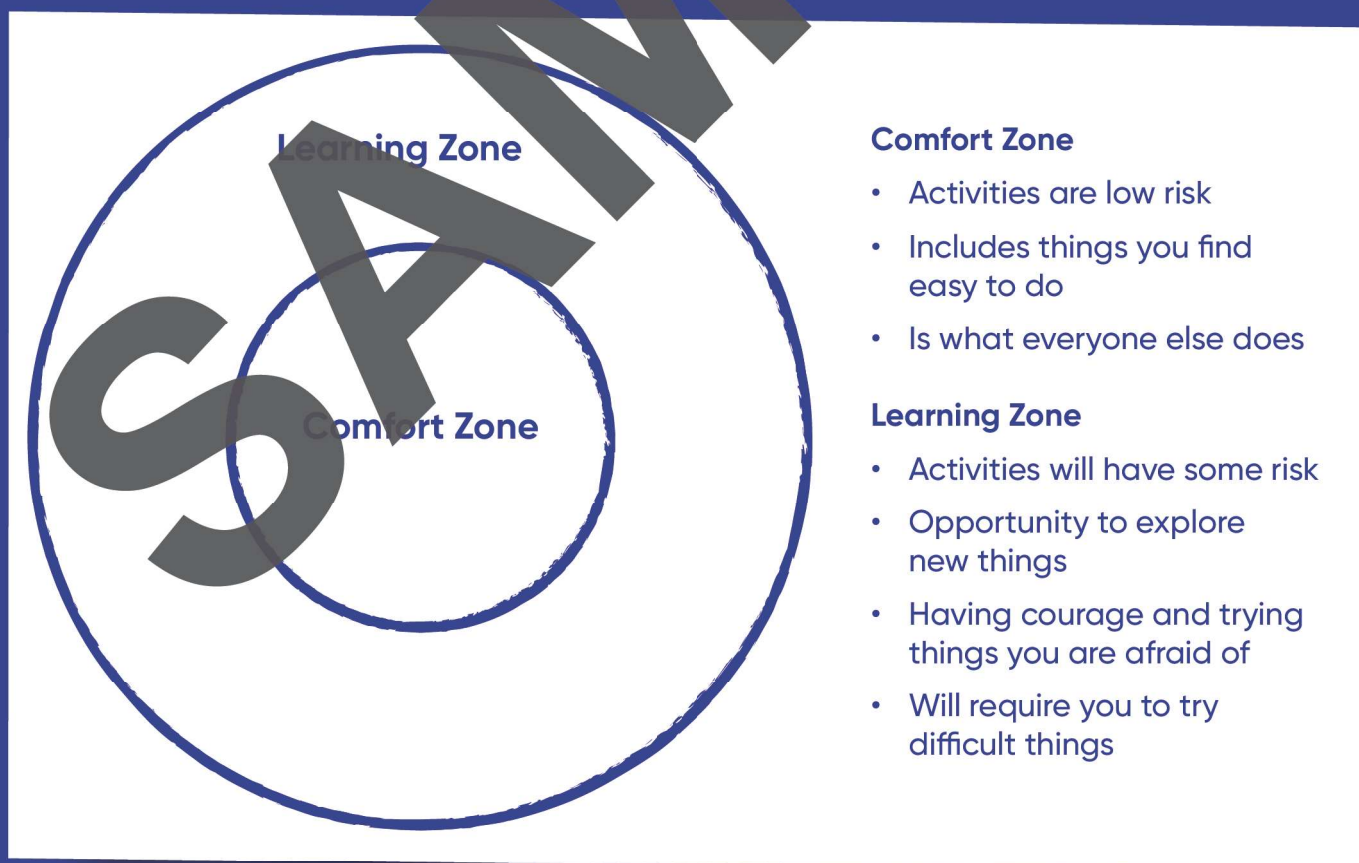
**Curiosity – Imagination – Concentration
Resourcefulness – Reflection – Problem-solving
Evaluation – Decision-making**

Curiosity

I enjoy discovering new things and am willing to be out of my 'comfort zone' to learn.

To discover new things, you will need to get out of your comfort zone. Have a go at the Curious Discoveries challenge.

- List what you enjoy doing in the 'Comfort Zone'.
- List what you would like to learn and discover but makes you feel uncomfortable in the 'Learning Zone'
- Circle one thing you are going to try and have a go at



Cognitive Skills – Your Progress through PE

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

Curiosity

I enjoy discovering new things and am willing to be out of my 'comfort zone' to learn.



Imagination

I can create new possibilities by thinking about combining different potential options. I can think about hypothetical and real life situations.



Concentration

I am able to focus and 'be in the moment' when taking part and working on a task towards a specified outcome.



Resourcefulness

I can adapt to different and changing situations. I am able to find and make use of a variety of resources, ideas and methods.



Reflection

I take time to think about my own and others' performance. I ask questions and listen to feedback from a range of people.



Problem-solving

I challenge assumptions to extend my thinking and generate new possibilities. I try different solutions and take calculated risks without the fear of failure.



Evaluation

I use evidence to identify myself strengths and areas for improvement.



Decision-making

I take responsibility for my choices. I evaluate options before making decisions.

