

Your Learning Journal

Stage 5: PE Life Skills Award

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



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Physical Skills

Physical skills are all about moving efficiently, effectively, and imaginatively in different activities leading to an active life. The skills cover what sport and physical activity you do in a variety of places; in college, in the community, at home and as part of a sports club.

Task: Make a note of what informal physical activity you do and how you choose to be active. Also include if you help and encourage others to be active.

	Physical Activity
Expectation for you as a student	You understand and value the benefits of participating in informal physical activity, choosing to be active and encouraging others to also be active.
What do you do?	

Environment

Task: There are a range of different times and places where you might take part in sport and physical activity. Choose at least **one** environment from the table below to evidence. Some suggested ideas have been added below to help you. You can demonstrate this value as a volunteer, leader, coach, or participant.

Extra-curricular

What you need to do	How you might do this through sport and physical activity
You regularly engage in extracurricular physical activities and sport, valuing opportunities to represent yourself, your peer group, college, or school. You encourage others to take part in extracurricular activities	<ul style="list-style-type: none"> Keep a diary of all the extracurricular activities you take part in. Create a photo montage of all the people you have encouraged to get involved in extracurricular activities.

Community

What you need to do	How you might do this through sport and physical activity
You regularly choose to support your school or college community, home life and local community. You value opportunities to volunteer/support/coach and/or lead others and are a role model to others.	<ul style="list-style-type: none"> Ask for written/video feedback on your community involvement from one of the adults who supports you. Sketch a mind map of the different roles you do in your community activities. Write about how and where you are a role model to others in a community activity. Include how you know you are a positive role model.



Social Skills

Social skills are about understanding the behaviour of individuals and others. This will help you interact, connect and work collaboratively with other people in physical activities and wider life.

Task: There are eight different social values that you can develop and demonstrate through sport and physical activity. Choose at least **four** out of the eight social values to demonstrate. The tables below will give you some suggestions.

Gratitude

What you need to do	How you might do this through sport and physical activity
You regularly show an appreciation of the contribution of others and the world around you. You encourage others to show gratitude.	<ul style="list-style-type: none">• Keep a gratitude journal. Log the people and contributions of others that you appreciate.• Send a video message to say thank you.• Encourage others to show gratitude by including it in an activity you lead or take part in.• Undertake some random acts of kindness.

Empathy

What you need to do	How you might do this through sport and physical activity
You are consistently able to recognise the perspectives of others and adapt your behaviours accordingly. You help others understand the value of empathy.	<ul style="list-style-type: none">• Encourage others to share their feelings at different times throughout an activity you are part of.• Take part in an activity that gives you a different perspective. Doing something with people different to you is one way you can do this.• Take part in a conversation where you just listen and ask questions.

Fairness

What you need to do	How you might do this through sport and physical activity
You are aware of the needs of others and are inclusive, often seeking ways of including others' needs. You are a role model and help others to be fair and inclusive.	<ul style="list-style-type: none">• Lead activities that include others who normally do not get involved.• Organise an activity where people can take part in a variety of ways that suit their needs.• Research how language has changed over time to become more inclusive and less discriminatory. Use this inclusive language when communicating with others.



Resilience

What you need to do	How you might do this through sport and physical activity
You seek out opportunities to learn through your experience without fear of failure. You recognise the value of 'trial and improvement'. You support others to be resilient.	<ul style="list-style-type: none"> • Have a conversation where you talk about mistakes as opportunities to learn. • Reflect on what you do to help yourself to 'bounce back' after a disappointment.

Integrity

What you need to do	How you might do this through sport and physical activity
You consistently set high standards for yourself and others and uphold these consistently. You help others to understand the value of integrity.	<ul style="list-style-type: none"> • Make a list of standards that you set for yourself. Consider all aspects of your life and give an example of where you have met that high standard. • Reflect on the statement – <i>'I always do the right thing even when no-one is watching.'</i>

Self-discipline

What you need to do	How you might do this through sport and physical activity
You consistently manage your emotions to suit the situation. You recognise and take account of what influences your feelings and adapt your behaviours accordingly. You set a positive example of self-discipline when working with others.	<ul style="list-style-type: none"> • Keep an 'energy' diary. Track when you prefer to do different types of tasks. For example, tasks needing detailed attention in the morning, creative tasks with other people in the late afternoon, and calm activities in the evening. • Reflect on times you may have had to manage your emotions when playing sport. What did you do and what worked for you?

Self-motivation

What you need to do	How you might do this through sport and physical activity
You have high aspirations based on your interests or ambitions. You consistently set yourself goals and targets and know what to do to achieve them. You help others to motivate themselves towards goals and targets.	<ul style="list-style-type: none"> • Set yourself a list of goals, including ones that are challenging. • Plan the steps you will take to achieve each goal and how you will celebrate achieving them. • Make a list of skills you have that can be used in future work, volunteering and life in general. • Take time to consider what might be holding you back from reaching your goals.



Helpful strategies and top tips to support collecting evidence

There are a several useful skills and behaviours that will make collecting the evidence required for this award easier.

These include:

1. Reflection skills
2. Time management skills
3. Self-confidence skills
4. Creativity and innovation skills

This section has lots of strategies and top tips for you to have a goal and develop these transferable skills.

1. Developing your reflection skills

By considering things you have done, what you thought and felt about them, you will develop a more insightful understanding of yourself. The benefits of regular reflection include:

- Being able to appreciate and celebrate what you have achieved
- Developing ways to avoid making repeated mistakes
- Helping you to develop your skills.

There is no one way to reflect. It is up to you how you might prefer to do it. The only thing you need to do is be deliberate in taking time to reflect. Find five to ten minutes somewhere without distraction. Then get thinking, considering and pondering on your chosen reflective questions.

Some examples of how you can reflect include:

Go for a 'Ponder Wander' walk.

Make some voice notes of your key reflections, thoughts and any actions you are going to do.

Sit somewhere familiar and comfortable.

Write or draw your thoughts and reflections.

Go somewhere new.

It will help provide a different perspective to your thinking and reflections.

Have a conversation.

Ask someone to ask you a series of reflective questions. Make sure to talk about the good stuff as well as anything that went a bit wrong.

Use a reflection template.

Check out the eight examples provided on the next page.

Record yourself talking about your experience.

Keep talking until you can't think of anything else to say, then listen back to yourself and note any key reflections.