

The PE Life Skills Award

Teacher Handbook



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Physical Literacy

The four domains of learning

To help guide the recognition of the life skills developed in and through PE, school sport and physical activity, the award focuses on the four domains of learning associated with physical literacy.

These are physical skills, social skills, emotional skills and cognitive skills. Each stage of The PE Life Skills Award has a recognition framework that is broken down into these four areas.

The diagram below summarises the role of PE in relation to the physical literacy journey



Minimum requirements to complete the award

We would encourage you to work with your pupils to develop as many of the life skills as they can. However, there are some minimum requirements to achieve the award.

For pupils to complete the social, emotional and cognitive domains

- Pupils must demonstrate they have developed a **minimum of four life** skills from each domain. For the social, emotional and cognitive they will have worked on a total of 12 life skills.

For example, a pupil for the social domain might demonstrate they have developed their gratitude, trust, communication and empathy. They would then need to work towards and show evidence of a further four life skills from both the emotional and cognitive domains.

For pupils to complete the physical domain

- Pupils must demonstrate the development of life skills in the PE environment and one other environment. For example, this could be physical activity, extracurricular, school sport (intra/inter) or community (organised physical activity outside of school).
- Pupils must also demonstrate how they have met at least two of the following values: actual competence; fitness, health and wellbeing; and motivation. A pupil will need to show how they meet these values in at least two of environments listed above.

For example, a pupil may demonstrate competence and motivation in PE and through a community activity they are part of. They will have also demonstrated four life skills in social, four like skills in emotional and four in cognitive to receive the award.