Significant Aspects of Learning in Physical Education

**PERSONAL QUALITIES**

1. **Communication**: I can communicate with my instructor to identify when I don't understand something.

2. **Responsibility**: It is my responsibility to behave in a safe and appropriate manner when waiting for my turn to come down the slope.

3. **Leadership**: I can use my leadership skills when working in small groups on tasks given by my instructor, such as learning to side slip.

4. **Determination**: I am determined and will use my resilience to get back up and keep trying despite falling.

5. **Confidence**: As I gain more control of my snowboard, my confidence increases.

6. **Respect**: I can be respectful and tolerant of others in my class if they take longer to grasp a new skill than me.

7. **Resilience**: I have challenged myself and have higher self-esteem and motivation to have another run.

8. **Motivation**: It is my responsibility to be respectful and tolerant of others in my class if they take longer to grasp a new skill than me.

**Significant Aspects of Learning in Physical Education**

- **Personal Qualities**
- **Responsibility**
- **Leadership**
- **Determination**
- **Confidence**
- **Respect**
- **Resilience**
- **Motivation**

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- Aberdeen Snowsports Centre
- Snowsport Scotland
Significant Aspects of Learning in Physical Education

**Physical Competencies**

I can **CONTROL** my body position to allow me to stay balanced on my snowboard.

I am in **BALANCE** above my snowboard to stay on either my heel or toe edge.

I can use my **FINE MOTOR SKILLS** by using movement in my feet and ankles to control my snowboard.

I can use my **KINAESTHETIC AWARENESS** to allow me to judge my lateral movement between heel and toe edge.

I can use **RHYTHM** and **TIMING** to control my flexion and extension during the turn.

I can use **COORDINATION** and **FLUENCY** to link my turns together.

I can use my **GROSS MOTOR SKILLS** by using my whole body to perform challenges such as hops and jumps.

Snowboarding

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Significant Aspects of Learning in Physical Education

Snowboarding

COGNITIVE SKILLS

I have to **CONCENTRATE** on the instructions in order to perform the task.

I have to **FOCUS** to make sure I move my feet at the right time to turn my snowboard.

I can use **CREATIVE** when deciding the line to take down the slope.

I can use vision to help me **DECIDE** what adjustments to make to my line down the slope depending on what hazards are in my way.

I need to **CONCENTRATE** on what I am feeling through my body.

I can use **PROBLEM SOLVING** to decide how fast or slow to go over a jump or feature.

I have to **FOCUS** to make it to the bottom of the slope without falling over.

Snowboarding COGNITIVE SKILLS Developed In Association With ABERDEEN SNOWSPORTS CENTRE
Significant Aspects of Learning in Physical Education

I have the **FLEXIBILITY** required to put my snowboard on.

I can adjust my body’s **SPEED** of movement to recover balance on my snowboard.

I can use my **CORE STABILITY** to keep a good posture over my snowboard.

I can use my **STRENGTH** in my legs to absorb the pressures created between my snowboard and the ground.

I have the **STAMINA** to keep actively moving throughout the whole run.

I can use my **STRENGTH** to get back up after falling.

I can use **ALL ASPECTS OF PHYSICAL FITNESS** to perform challenges such as hops or jumps.

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**SNOWBOARDING PHYSICAL FITNESS**

**SNOWBOARDING PHYSICAL FITNESS** Developed in Association With

ABERDEEN SNOWSPORTS CENTRE

SNOWSPORT SCOTLAND