

Significant Aspects of Learning in Physical Education

Movement skills, Competencies and Concepts	HWB 21-22a
Cooperation and competition	HWB 23a
Evaluating and appreciating	HWB 24a

- Simple
- Predictable
- Self paced
- Limited repertoire of skills
- Limited pressure

Progressive learning contexts as the learner develops capacity and competence

- Complex
- Unpredictable
- Externally paced
- Wide repertoire of skills
- Pressure of increased variables with less time to respond

The significant aspects of learning in physical education should be regularly revisited through a broad range of relevant and realistic learning experiences across all levels

