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.

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

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

Progressive learning contexts as the learner develops capacity and competence

Diagram: Significant Aspects of Learning in Physical Education