Significant Aspects of Learning in Physical Education

Movement skills, Competencies and Concepts

Cooperation and competition

Evaluating and appreciating

HWB 21-22a

HWB 23a

HWB 24a

Simple

Predictable

Self paced

Limited repertoire of skills

Limited pressure

Progressive learning contexts as the learner develops capacity and competence

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

focus and concentration kinaesthetic awareness cue recognition sequential thinking balance & control prioritising coordination & fluency decision making Cognitive **Physical** rhythm & timing multiprocessing Skills Competencies problem solving gross & fine motor skills creativity Skills and attributes that

support learning through performing in PE

Personal

Qualities

motivation
confidence & self esteem
determination & resilience
responsibility & leadership
respect & tolerance
communication

Physical Fitness

speed
core stability & strength
flexibility

stamina

Complex

Unpredictable

Externally paced

Wide repertoire of skills

Pressure of increased variables with less time to respond