Cognitive Skills

Physical Competencies

Personal Qualities

Physical Fitness

Movement skills, Competencies and Concepts
Cooperation and competition
Evaluating and appreciating

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

Skills and attributes that support learning through performing in PE

focus and concentration
cue recognition
sequential thinking
prioritising
decision making
multiprocessing
problem solving
creativity

kinaesthetic awareness
balance & control
coordination & fluency
rhythm & timing
gross & fine motor skills

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

stamina
speed
core stability & strength
flexibility

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

- HWB 21-22a
- HWB 23a
- HWB 24a

Cooperation and competition
Evaluating and appreciating