



PHYSICAL EDUCATION

Head - Know



Thinkers: Thought and inquisitiveness towards our learning e.g. deciding when to pass the ball in a game.

Understanding: The 'why' behind the 'what' e.g. why we warm up before exercise.

Knowledge: Remembering and gaining e.g. the rules of the game.

Problem solving: Finding a way to complete a task e.g. get past a defender.

Strategy: Making a plan e.g. finding space to help your team.

Heart - Show



Control: Movement and awareness of your body in position to others, your equipment and space.

Execution: Successful technique or success e.g. scoring a goal in netball.

Risk Taking: Trying new movements, skills and strategies.

Confidence: Performing a routine/drill/set play or exercise e.g. a motif in gymnastics.

Integrity: Follow the PE lesson expectations and rules within the activity e.g. swimming safety routines.

Hands - Grow



Caring: Support and uplift your peers.

Leadership: Step forwards or back when you need to.

Resilience: Keep going, even when things feel tough.

Communicator: Use your voice, eyes and ears as appropriate.

Adaptability: Adjust your role or plan when things change.