## 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

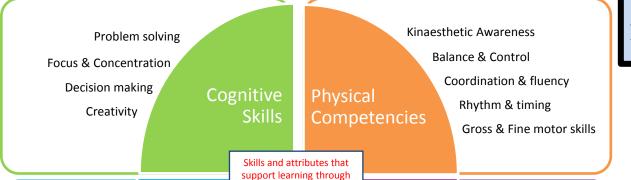
Self paced

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



performing in PE

Motivation Personal Qualities

Confidence & Self Esteem Qualities

Determination & Resilience

Responsibility & Leadership

Respect & Tolerance

Communication

Physical
Fitness
Speed
Core stability & strength
Flexibility

Complex

Unpredictable

Externally paced

Wide repertoire of skills

Pressure of increased variables with less time to respond

