

Your Learning Journal

Stage 1 PE Life Skills Award

Recognising and rewarding the
development of life skills in and through PE

SAMPLE



Accredited by



Your Progress Sheet

Tick each Life Skill as you complete the activities:

Physical Education
I take part regularly in PE lessons, I enjoy moving and learning why PE is important.

Physical Activity
I love playing and being active at school.

Community
I love being active when not in school.

Competition
I enjoy being part of fun competitions.

Competence
I can move confidently and in different ways.

Health and Mind
I know how to have a healthy body and mind.

Motivation
I find moving and being active fun and enjoyable. I am keen to take part.

Gratitude
I can show thanks to myself and other people.

Empathy
I understand how others feel.

Encouragement
I help to encourage others.

Fairness
I find a way to be fair and include everyone.

Trust
I can trust my ideas and feelings.

Respect
I am aware of how I can be similar and different to other people.

Communication
I can listen and express myself clearly.

Cooperation
I can work well with others.

Self-belief
I know I can do it.

Honesty
I tell the truth and own up to my mistakes.

Courage
I am willing to have a go, even if it feels scary, difficult or new.

Resilience
I keep trying when things get tough.

Self-discipline
I respect the rules.

Self-Motivation
I can set my own goals.

Responsibility
I am organised and helpful.

Integrity
I will always try to do the right thing.

Curiosity
I can discover and learn.

Problem-solving
I find ways to solve a problem.

Imagination
I can think of new ideas.

Concentration
I can focus on what I am doing.

Resourcefulness
I have experienced using different equipment.

Reflection
I can say what I thought, saw, heard or felt.

Evaluation
I know what I am good at and could be better at.

Decision-making
I use facts and feelings to help me make decisions.



Physical Skills - I can lead an active life

Physical activity - I love playing and being active at school.

Colour in a tick for every time you have been active in a week.

For example:     Walked to school + PE lesson + playing tag at lunchtime + swimming after school = 4 ticks

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

How many ticks did you get in a week?

Total ticks =

SAMPLE



Physical Skills - I can lead an active life

Motivation - I am keen to take part.

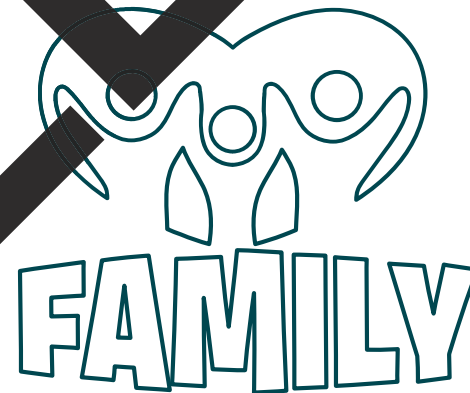
Colour in the pictures that show why you like playing and being active?



It's fun.



It makes me happy.



I like doing things with my family.



I like being with friends.



I like learning new things.



I enjoy winning.

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