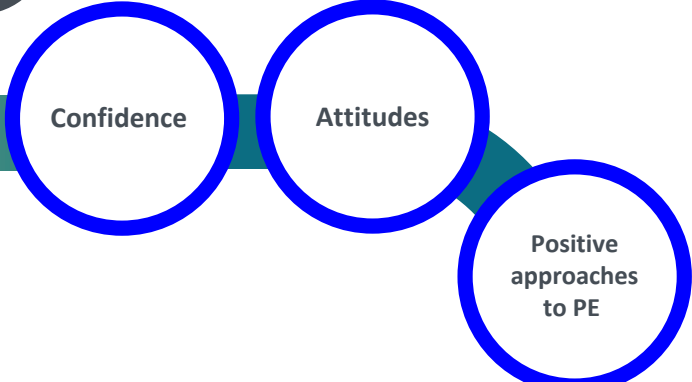


Movement Competence

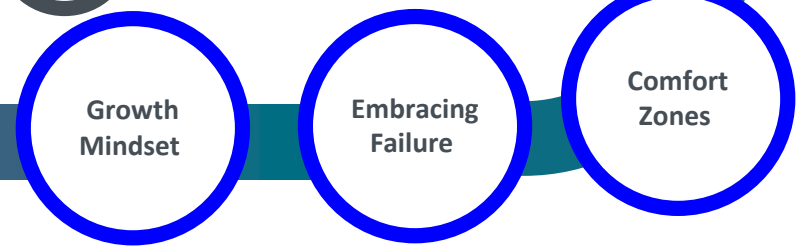
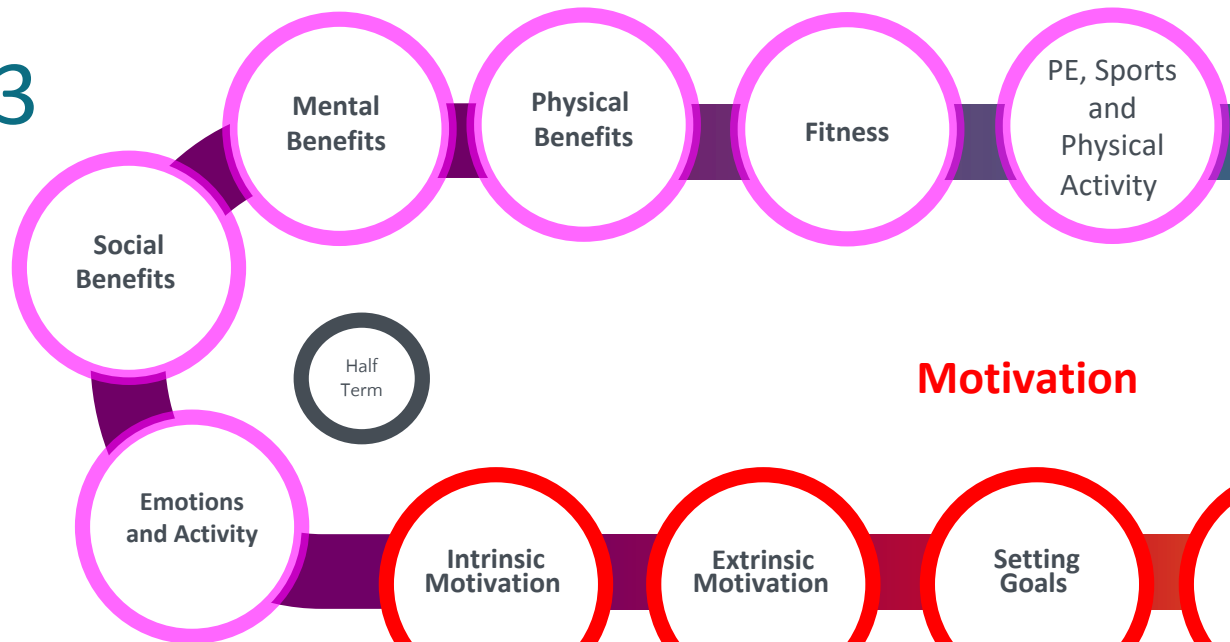
Year 7



Confidence



Knowledge and Understanding



Motivation



Physical Education Key Stage 3

Communication

Year 8

Verbal Communication

Non-Verbal Communication

Active Listening

Conflict resolution

Asking Questions

Providing and receiving feedback

Half Term

Resilience

Resilience

Embracing Failure

Marginal Gains

Emotional Intelligence

Label Emotions

Understand Emotions

Recognise Emotions

Emotional Intelligence

Half Term

Growth Mindset

Be proactive

Persistence

Express emotions

Half Term

Regulate Emotions

Intra-Personal Skills

Half Term

Behaviour

Empathy

Patience

Adaptability

Coping with Pressure

Work Ethic

Addressing Misconceptions

Physical Education Key Stage 3



Personal Development

Fulfilling Potential

Year 9

Employability

Managing Time

Commitment to development

Drive & Initiative

Analysing & investigating

Teamwork & Communication

Half Term

Effective Teams

Roles

Communication

Problem Solving

Embracing Collaboration

Half Term

Conflict Resolution

Shared Goal

Self-Reflection

Self-Efficacy

Self-Care

Self-Improvement

Self-Reflection

Self-Appraisal

Half Term

Self-Help

Attitudes and Behaviours

Honesty

Confidence

Commitment

Enthusiasm

Positivity

Addressing Misconceptions

Half Term

Attitudes and Behaviours

Leadership



Physical Education Key Stage 3