

Our Big Question...Why do I need to be Physically Literate?

This project will teach you about the importance of being active, being physically competent, being confident, motivated and able to make your own decisions about your choice of activities. This will be possible if you develop your knowledge and understanding of what it takes to be physically literate.

Exciting Experiences...

The project will have within it lots of exciting experiences such as...

- Providing lots of practical activities
- Teaching you to make your own decisions
- Experiencing lots of different sports and physical activities
- The Dragon Challenge!

WHAT PRIOR KNOWLEDGE IS GOING TO HELP ME WITH THIS PROJECT?

- General good fitness
- Ball control and balance

In this project you will learn...

- About motor, manipulative and body management skills.
- All about the transferability of skills.
- How there is variation of and in skills.
- All about promoting a growth mindset

- How skills can be accessed through a variety of different activities.
- All about developing an ability to make informed choices of sports you may want to do.

- How to develop an ability to make informed decisions later in life to the activities you choose.
- How to recognise the improvement of transferable skills.
- Resilience in applying the skills into different areas.

- Learn good social interactions with peers and those involved with the activity.
- The importance of respecting the environment and the people involved.
- The importance of developing good social morals that can be transferred to other domains.

How will I be assessed?

Your Tasks...

You will be assessed through the Dragon Challenge at various points in the year to see your progress. All these assessments will be practical

The Showcase

You will be constantly showing your work through demonstration and through the practical assessments

