



EMOTIONAL SKILLS IN PE

Confidence

Honesty

Integrity

Independence

Determination

Perseverance

Empathy

KS1

I share my ideas, contribute to class discussion and perform in front of others.

I explore skills before asking for help.

I want to complete the challenges and tasks set for me.

I tell the truth about what I have achieved.

I continue to try my hardest even when I find things hard.

I am honest even when others are not watching me.

I use kind words in my feedback.

I try new tasks and challenges.

I practise skills by myself.

I attempt tasks and challenges outside of my comfort zone.

I work hard in my PE lessons.

I find my own ways to develop and complete challenges.

I work hard to achieve my personal best.

I say when I was caught.

I use the rules of the game to play fairly.

I am happy to have another go if I don't succeed on the first try.

I understand what my best looks like and I work hard to achieve it.

I don't touch equipment that has been set out until told to do so.

I make honest decisions when independently playing games.

I am kind to others and share with them so they don't feel sad.

I understand how other people can feel and include them in my games.

EYES

KS2

