

Health and Well-being - Physical activity and sport
Second Level HWB 2-21a

As I encounter new challenges and contexts for learning, I am encouraged and supported to demonstrate my ability to select, adapt and apply movement skills and strategies, creatively, accurately and with control.

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I practise, consolidate and refine my skills to improve my performance. I am developing and sustaining my levels of fitness.

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While working and learning with others, I improve my range of skills, demonstrate tactics and achieve identified goals.

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By reflecting on my own and others' work and evaluating it against shared criteria, I can recognise improvement and achievement and use this to progress further.

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I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities of my choosing, including sport and opportunities for outdoor learning, available at my place of learning and in the wider community.

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I have investigated the role of sport and the opportunities it may offer me. I am able to access opportunities for participation in sport and the development of my performance in my place of learning and beyond.

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I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity.

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I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing.

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Having learned about cleanliness, hygiene and safety, I can apply these principles to my everyday routines, understanding their importance to health and wellbeing.

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Through exploration and discussion, I can understand that food practices and preferences are influenced by factors such as food sources, finance, culture and religion.