

Health and Well-being - Physical activity and sport
Third Level HWB 3-21a

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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Third Level HWB 3-22a

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

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I am developing the skills to lead and recognise strengths of group members, including myself. I contribute to groups and teams through my knowledge of individual strengths, group tactics, and strategies.

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I can analyse and discuss elements of my own and others' work, recognising strengths and identifying areas where improvements can be made.

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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