

HOW WE LEARN SKILLS

IN PHYSICAL EDUCATION

Just like in Math, Science, English, or any other subject, learning takes place in Physical Education. Although learning new skills is only part of what we do in class, it's important that we learn **HOW** to learn new skills. Becoming a lifelong learner in physical activity means we will continue to grow our physical competence (being able to do things) and confidence (knowing we can do things). When we are competent and confident, we become motivated to go out and live as many adventures as possible! Here are some steps to help teach yourself new skills:



SEE IT!

Watch the **skill being performed in action**. As you do, pay attention to the small actions that make up the overall skill.

TEACHER PRO TIP

Check out some different online videos to get a clear idea of what the skill looks like in action!



TRY IT!

Go out and **explore the skill at your own pace!** Don't worry about doing it right: just focus on what works and what doesn't.

TEACHER PRO TIP

Remember that mistakes are your greatest teacher. Embrace them and learn from each one!

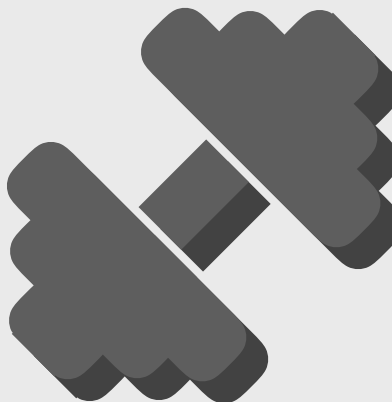


BREAK IT!

With your classmates and/or friends, **make a list of the important keys** that make up the skill (five is usually a great number!)

TEACHER PRO TIP

Think about why each key is important and how it makes performing the skill easier.

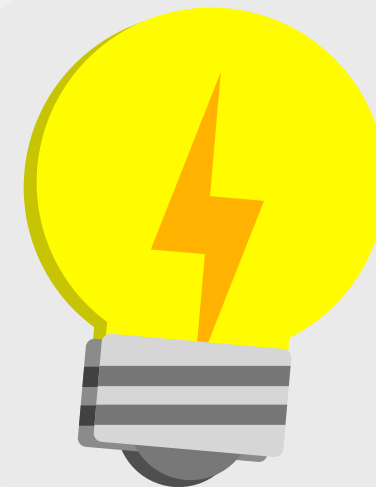


WORK IT!

Now go **practice putting those keys into action!** Set a goal, reflect on your progress, and don't be shy to ask for feedback!

TEACHER PRO TIP

Set yourself a clear goal and seek out a lot of feedback early on when you start practicing.



LEARN IT!

As you get comfortable with the skill, remember that there is always room to improve but don't forget to **celebrate your success in learning!**

TEACHER PRO TIP

Remember that learning is an adventure that has a start but no real end. Enjoy the journey!