

PE Strengths of Character



PE Strengths of Character are the values and personal qualities that we hope to see young people develop as they take part in both lessons and extra-curricular activities. Teachers will give lots of opportunities to work on these qualities as students explore new sports and play games. Teachers will suggest the statement that best fits their work in PE and discuss how to develop practice and conduct in lessons.

Students will begin to explore their HTS Strengths of Character, focusing on their personal development in terms of personality, physical & mental health, social interaction, teamwork, and evaluation of success/failure. Students will begin to work through a range of activities that will help to develop and challenge their self-identity, skill and decision making. They will also start to develop their understanding of the importance of fitness, health and the psychological benefits of engaging in life-long physical activity.

Dignity and Respect:

- Students will develop their interpersonal skills.
- They will be able to encourage each other and show kindness under challenge.
- They will start to understand how to build upon their own, and each other's, weaknesses in a positive manner.

Community and Teamwork:

- They will learn how to respond positively to feedback, in order to make greater progress.
- They will be able to motivate and support each other during competitive games and will appreciate the importance of teamwork and loyalty.

Wisdom and Resilience:

- They will learn how to keep going despite failure or loss.
- They will learn how to be independent and show resilience whilst working as part of a team.
- They will learn how to set, and work towards, their personal goals, without comparing themselves to others.

Hope and Aspiration:

- They will ask questions to help to develop their own performances.
- They will be able to work both independently and within a team.
- They will want to explore new activities and ideas and will see the benefits of working hard in order to achieve their best.

Independent Learning:

In PE, students are encouraged to develop their self-confidence and independence through a range of creative, leadership, and active coaching opportunities. In both PE and Dance, students are regularly given the opportunity to creatively adapt their knowledge and skills to create new pieces of work, competitive play or responses to game like situation.

At the core of learning, practicing and accurately implementing new skills, students will have to take on a leadership role, offer peer feedback or coach another performer. Students will be assessed in reflection of the Strength of Character Statements below.

Strengths of Character:

	0	1	2	3	4	5
Dignity and Respect	Must continue to develop their understanding of respect and kindness in a team.	Good at listening to others and responding to what they say.	Able to encourage and congratulate even after a loss or poor performance.	Shows kindness and understanding under the pressure of competition.	Strong enough to help someone build on their own weaknesses in training and competition.	Acts as a role model despite challenge, peer pressure and the pressure to win.
Community and Teamwork	Must continue to develop their sense of working in a team.	Organised and independent at the start of lessons.	Able to listen to and react quickly to directions or feedback.	Works well and with loyalty in a small group or team.	Is able to share work, offer feedback and encouragement to teammates.	Is a role model, motivator and respected leader.
Wisdom and Resilience	Must continue to develop their resilience to overcome challenges.	Practices each lesson to show improvement.	Finishes what they start in response to feedback.	Keeps going even after experiencing challenge and failure.	Works hard to achieve their own personal goals whilst supporting their team.	Leads by example, working with great self-motivation, independence, and determination.
Hope and Aspirations	Must continue to think about how they can improve their performance.	Happy to explore new ideas, skills or activities.	Asks questions to gather information to help change their own work.	Finds solutions to different challenges or conflict in training and competition.	Shows flexibility to adapt to challenges with positivity, confidence and sensitivity to others.	Is able to inspire and support others to help them to achieve their best.