

IN THIS UNIT OF LEARNING, WE WILL BE PLAYING A RANGE OF GAMES TO UNDERSTAND THREE KEY AREAS OF PE. WE WILL BE LEARNING TO USE OUR **HEADS** (THINKING SKILLS) OUR **HEARTS** (SOCIAL AND EMOTIONAL SKILLS) AND OUR **HANDS** (PHYSICAL SKILLS).



Heads

Cognitive Domain.
The **thinking** physical being.
Decision maker
Analytical
Deep understanding
Confident tactician



Hearts

The **feeling** physical being.
Social and emotional
Involvement and engagement
Attitude
Character, Values
Healthy Active Lifestyle



Hands

The **doing** physical being.
Physically Competent
Growth and Development
Physically Active
Competitive

Through playing fun games we will have the opportunity to develop emotionally, intellectually and physically – stretching our minds as well as our bodies

