

THINKING ME	SOCIAL ME	HEALTHY ME	PHYSICAL ME
<p>Make reasoned decisions Problem solve Plan Create Predict Explore Self-evaluate Analyse Study Set targets Set personal goals Investigate Judge Peer evaluate Compare Review Research Consider Question Assess Experiment Modify Challenge Support</p>	<p>Communicate Support Take turns Be an effective team player Praise Empathise Negotiate Collaborate Value Be patient Co-operate Give constructive feedback Respond appropriately Play fairly Motivate Respect for others Listen to others' views Involve everyone Mediate and resolve conflict Compete with others Be considerate Develop perseverance and resilience</p>	<p>Be committed Understand effects of exercise on: <ul style="list-style-type: none"> • heart • breathing • temperature Understand the effects of exercise on muscles identify the function of joints Understand the importance of and how to warm up and cool down Design own warm up and cool down Be patient Take the initiative Be confident Understand intensity Ask for help Make positive self-statements Health benefits of being active Understand everyone likes different activities Be autonomous Make informed choices to take part in a range of activities Take responsibility Demonstrate self control Cope with success and failure Persevere Identify emotions Stay safe Understand the need for good hygiene Understand the need to stay hydrated Resolve conflict Take risks Be independent</p>	<p>Move with agility Maintain balance Co-ordinate actions Improve: <ul style="list-style-type: none"> • accuracy • fluency • control • consistency Develop acceleration, Explosion and quickness Within movement</p>