

Significant aspects of learning in Physical Education

Movement skills, Competencies and Concepts	HWB 21-22a
Cooperation and competition	HWB 23a
Evaluating and appreciating	HWB 24a

Simple
 Predictable
 Self paced
 Limited repertoire of skills
 Limited pressure

Progressive learning contexts as the learner develops capacity and competence

Complex
 Unpredictable
 Externally paced
 Wide repertoire of skills
 Pressure of increased variables with less time to respond

The significant aspects of learning in physical education should be regularly revisited through a broad range of relevant and realistic learning experiences across all levels

