

# Key Drivers of Excellence in PE

## Wellbeing

Can I sustain physical activity for long periods?



Am I resilient and confident when faced with challenge?



Do I work effectively with others in a range of situations?



## Technical Skills

Can I use my body and move effectively and efficiently?



Can I perform skills accurately and efficiently?



Can I adapt and transfer skills in a range of contexts?



## Cognitive Understanding

Can I recall key skills and tactics in each sport?



Do I understand when to use each skill and tactic?



Can I analyse a person's performance?

