

# Head, Heart, Hands: Key Terminology



## Knowledge



The theoretical and practical understanding of physical education, by acquiring information, facts and skills through different experiences.

## Decision Making



Making a choice about something important, with the hope of it benefiting you. Decisions are usually made under pressure and in a group/team of people.

## Analyse & Evaluate



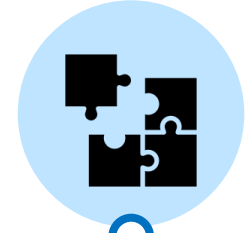
Examining something in order to understand more about it. This then helps your ability to form an opinion about the quality of something.

## Leadership



The position of being in charge and being a leader. The ability to lead and demonstrate the good qualities a leader should have; fairness, listening skills etc.

## Problem Solving /Creativity



The act of finding out ways of dealing with problems and finding solutions to overcome adversities and challenges.



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## Communication



Exchanging information by speaking, writing or doing. Successful communication is the understanding of information by all involved and is delivered clearly.

## Team Work



The combined action of a group. Effective team work is when everyone in the team knows their roles and responsibility and work together to overcome challenges.

## Commitment



Being dedicated to the activity or challenge. A commitment demonstrates a responsibility and obligation to see something through till the end.

## Resilience



The capacity to recover quickly from challenges and setbacks. Key skill to showing good sportsmanship by accepting defeat gracefully and learning from the experience.

## Self-Regulation



The ability to respond to ongoing demands by controlling your emotions and behaviours, by tailoring them to the situation.

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## Skill Development



The advancement and progression of skills. Can be the initial finding out and discovery of a new skill or how to develop and grow a previously learnt skill.

## Fitness Levels



This refers to your; cardiovascular endurance, muscular strength, muscular endurance, flexibility & body composition. They are measured by how efficient and able they are during physical exercise.

## Skill Application



The ability to be able to apply skills to a range of different sporting and physical activities. Applying skills to competitive and game scenarios.

## Performance



How well you execute skills and knowledge to a scenario. It is not just about winning, it's about your team and individual performances and how much effort you have given.

## Tactics & Composition



The combining of multiple pieces of information to form a whole. Which has the aim of gaining an advantage or delivering success.

