



Physical Education Key Concepts

Concept	Explanation
competence	The relationship between skill, the selection and application of skills, tactics and compositional ideas and the readiness of the body and mind to cope with physical education.
performance	Using physical competence and knowledge and understanding of physical activity to produce effective outcomes when participating in physical activity.
evaluation	Identifying good practice and ways that performance can be improved.
creativity	Exploring and experimenting with techniques, tactics and compositional ideas to produce effective outcomes when participating in physical activity.
healthy living	Understanding the positive contribution that regular, fir for purpose physical activity makes to the physical and mental health of the individual.