

# Heart: Key Terminology

## Leadership



Leading different activities and stages of the lesson. The ability to lead and demonstrate the good qualities a leader should have; fairness, listening skills etc.

## Organisation



Always having PE kit and being prepared for the lesson. A key skill to ensuring every lesson runs smoothly

## Extra-curricular attendance



The attendance at extra-curricular PE clubs to improve your skill in specific sports. This will then lead to playing against other schools

## Initiative



The ability to think creatively and have new ideas that can contribute to the lesson

## Communication



The ability to speak effectively with the rest of your team. Understand how to give feedback and praise when appropriate

