

Big Ideas

Big Ideas are the building blocks of subjects. They are: -

- Concepts and ideas that helps us make sense of lots of otherwise isolated or disconnected facts.
- Principles, theories, or processes that serve as a focal point of a subject.
- Something that changes the way a we think about information or schema.

The big ideas in this subject are: -

Big Idea	Description
Cognitive	To consistently apply tactics, develop mental capacity, show decision making and evaluation. Is able to use and adapt advanced tactics, rules and ideas in different situations. Reflects on choices made outlining what worked well, what could have been better and why.
Physical	The physical literacy and movements of the body. Chooses, links and combines advanced skills and techniques in a range of situations with exceptional control and coordination.
Healthy	The choosing of healthy behaviours and attitudes. Explains the importance of a balanced lifestyle and the contribution of exercise and nutrition towards it. Supports others to choose healthy behaviours.
Social	Communications, teamwork, management and leadership- Consistently works independently and with others without the need for support and motivates and encourages good values in others.
Affective	Emotions, behaviours and self-esteem. Shows consistent positive learning behaviours demonstrating a range of key values related to physical activity and lifestyle