

Concept: My Personal Best

The big picture: The students will understand the importance of self-improvement and personal growth.

Why does it matter? My Personal Best in Physical Education (PE) emphasises individual achievement over comparison with others, fostering a positive attitude towards self-assessment and self-improvement.

Core Characteristics	Definitions	In Practice
Personal Best	An individual's highest achievement in a specific area of physical activity or sport. It represents self-improvement and personal growth.	Beating your own personal best long jump by 1 cm.
Self-Assessment	Identifying strengths and areas for improvement.	Keeping track of performance improvements over time to set new targets and strategies for continued development e.g. to be able to keep a badminton rally of 5 shots.
Motivation and Mindset	Intrinsic vs. Extrinsic Motivation: Understanding the difference and the role each plays in physical activity.	Earning a merit for completing a full push up or feeling happy without a merit you have achieved a push up.
Principles of Training	Frequency, Intensity, Time, Type — Adjusting these can help in achieving personal bests. Overload and Progression: Techniques for improving performance by gradually increasing the level of exercise.	Using the FITT principle to help you achieve a new deadlift weight.
Goal Setting	Setting SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) to foster self-discipline and motivation.	Setting a goal to be able to run 400m without stopping by the end of the 6-week block
Safety in Exercise	Learning the importance of warming up and cooling down, using equipment correctly and recognising the signs of over training.	Providing a note to your teacher if you are injured and knowing that you can still participate in an adapted way rather than sitting out.
Sportsmanship and Ethics	Observing rules and respecting opponents and the importance in achieving collective and individual PBs.	Working as a team to win a cup match in football.

Activities to develop personal best in PE

Individual Challenges (e.g., athletics, gymnastics)

Net/Wall Games (e.g., badminton, volleyball)

Health and Fitness (e.g., circuits, CrossFit)

Impact on Everyday Life

Learning from Setbacks: Understanding that failures are learning opportunities that contribute to personal growth and future success.

Celebrating Achievements: Recognising and rewarding milestones to maintain motivation and productivity.

Remember:

My Personal Best in PE is about your journey, your achievements, and continuing to push yourself towards greater personal goals. Keep motivated and stay focused on your own path to improvement!