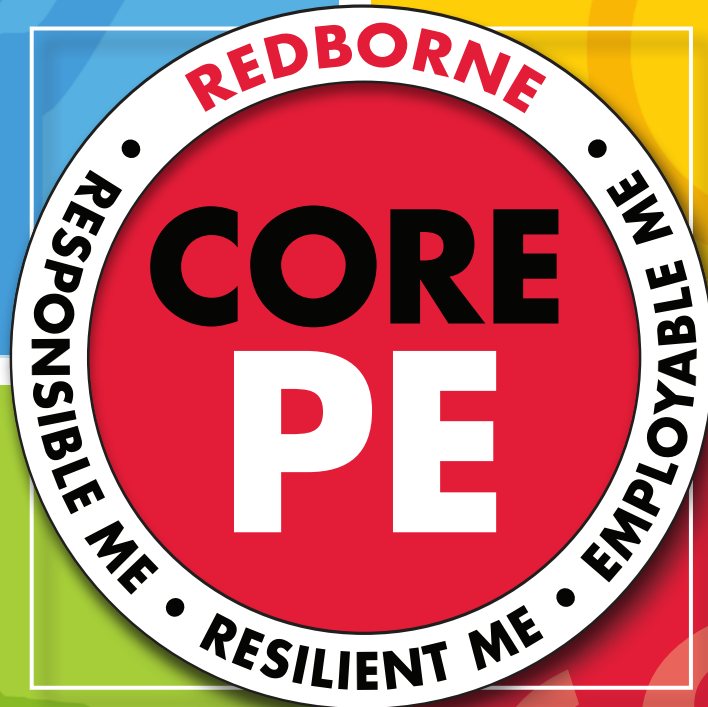


# CORE PE at REDBORNE

**RESPONSIBLE  
ME**

**RESILIENT  
ME**



**EMPLOYABLE  
ME**

**PREPARING  
ME FOR  
LIFE**

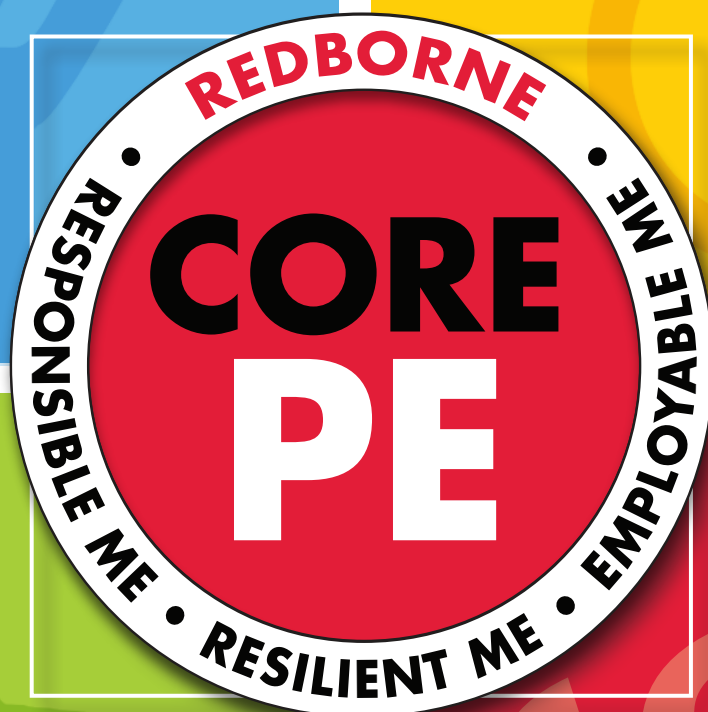


# OUR AIMS of CORE PE in Year 9

## RESPONSIBLE

- physical literacy
- mental health
- self management
- good sportmanship

## RESILIENT



## EMPLOYABLE

PREPARING  
ME FOR  
LIFE



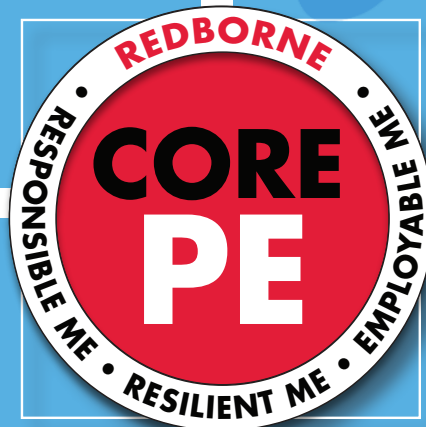
# Year 9 **RESPONSIBLE ME**

## **PHYSICAL LITERACY**

- movement competencies
- rules, tactics & strategies of movement
- motivation & behavioural skills of movement
- personal & social attributes of movement

## **MENTAL HEALTH**

- self-esteem and cognitive function
- self-efficacy
- motivation



## **SELF MANAGEMENT**

- focus & determination
- commitment
- self-discipline

## **GOOD SPORTSMANSHIP**

- respect and encourage
- play fair and be kind
- abide by the rules



# OUR AIMS and the curriculum from Year 9-11



## YEAR 11

Demonstration of  
our core values

**RESPONSIBLE  
ME**

**RESILIENT  
ME**

**EMPLOYABLE  
ME**

## YEAR 10

Application of  
sports skills and  
personal values

**RESPONSIBLE  
ME**

**RESILIENT  
ME**

## YEAR 9

Introduction to a  
variety of sports

**RESPONSIBLE  
ME**



**REDBORNE  
PREPARING  
ME FOR  
LIFE.**



# RESPONSIBLE ME

*“You can find inspiration in others but determination is solely your responsibility.”*

Michael Jordan – BASKETBALL PLAYER

## Steps to Success

- **PHYSICAL LITERACY**
- **MENTAL HEALTH**
- **SELF MANAGEMENT**
- **GOOD SPORTSMANSHIP**

