

Informal PA and Sport: Personal and Social Skills

Self-Reflection Tool

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Student Name: _____

Activity: _____

Date: _____.

Personal and Social Skills: Practice and apply personal and social skills when undertaking a range of roles in physical activities (7-8)

What are my strengths?

What am I good at and what do I need to maintain?

What things could I develop?

What am I developing and what do I need to improve?

What would improvement look like?

Movement and Physical Activity

What are my strengths?

What am I good at and what do I need to maintain?

What things could I develop?

What am I developing and what do I need to improve?

What would improvement look like?

Star 2 things to focus on and describe how you will assess it in the next game:

Verified by: _____.

Reference: O'Connor, J. & Penney, D. (2019). *Informal physical activity and sport: Personal and social skills, self-reflection tool*. Online resource, Figshare. <https://doi.org/10.26180/5c47bcb8aea7f>

General Capabilities of the Australian Curriculum

Self-Awareness: This element involves students developing an awareness of their own emotional states, needs and perspectives. Students identify and describe the factors that influence their emotional responses. They develop a realistic sense of their personal abilities, qualities and strengths through knowing what they are feeling in the moment, and having a realistic assessment of their own abilities and a well-grounded sense of self-knowledge and self-confidence. Students reflect on and evaluate their learning, identify personal characteristics that contribute to or limit their effectiveness and learn from successes or failures. In developing and acting with personal and social capability, students:

- recognise emotions
- recognise personal qualities and achievements
- understand themselves as learners
- develop reflective practice.

Self-Management: This element involves students developing the metacognitive skill of learning when and how to use particular strategies to manage themselves in a range of situations.

Students effectively regulate, manage and monitor their own emotional responses, and persist in completing tasks and overcoming obstacles. They develop organisational skills and identify the resources needed to achieve goals. Students develop the skills to work independently and to show initiative, learn to be conscientious, delay gratification and persevere in the face of setbacks and frustrations. In developing and acting with personal and social capability, students:

- express emotions appropriately
- develop self-discipline and set goals
- work independently and show initiative
- become confident, resilient and adaptable.

Social Awareness: This element involves students recognising others' feelings and knowing how and when to assist others.

Students learn to show respect for and understand others' perspectives, emotional states and needs. They learn to participate in positive, safe and respectful relationships, defining and accepting individual and group roles and responsibilities. Students gain an understanding of the role of advocacy in contemporary society and build their capacity to critique societal constructs and forms of discrimination, such as racism and sexism. In developing and acting with personal and social capability, students:

- appreciate diverse perspectives
- contribute to civil society
- understand relationships.

Social Management: This element involves students interacting effectively and respectfully with a range of adults and peers.

Students learn to negotiate and communicate effectively with others; work in teams, positively contribute to groups and collaboratively make decisions; resolve conflict and reach positive outcomes. They develop the ability to initiate and manage successful personal relationships, and participate in a range of social and communal activities. Social management involves building skills associated with leadership, such as mentoring and role modelling. In developing and acting with personal and social capability, students:

- communicate effectively
- work collaboratively
- make decisions
- negotiate and resolve conflict
- develop leadership skills.