

Definitions of the 5 capabilities in Physical Education

Abilities

Key Ability Explanation

Cognitive The ability to transfer skills, concepts and applications between activities. This may be a superior awareness of the influence of space in terms of positioning and dominance. Cognitive ability may also be shown in planning and tactics.

Creative It has been suggested that creativity is a style of intelligence. The application of this intelligence within Physical Education and sport could involve pupils completing conventional tasks in a novel way, responding creatively to set stimuli, using broad vocabulary when analysing skills and presenting innovative ideas and tactics.

Personal High Personal ability is to be well motivated and have a constructive approach to achieving goals. High levels of personal ability will help to regulate pupils own learning; help them to practice effectively in their own context and set personal goals. A well motivated pupil of average ability may be more successful than a demotivated pupil of higher ability.

Physical Often understood as skill or fitness related ability, physical ability is associated with high levels of physical performance.

Pupils with high levels of physical ability may display excellent Stamina, Speed, Reaction, Flexibility, Coordination, Balance, Agility, Strength

Social Due to the nature of Physical Education and sport, an area of fundamental importance is social ability, or the ability to interact with others. The pupil with good social ability may display excellent communication skills and demonstrate strong leadership qualities within a team environment. Underdeveloped social skills are likely to restrict progress and may not enable an individual to achieve their full potential.

Ref: Morley/Tregore 2006