

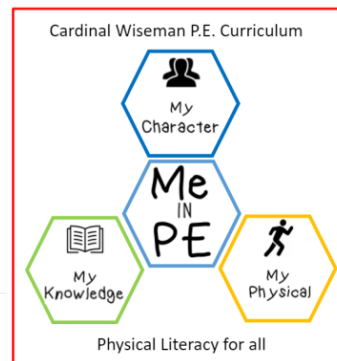
THE **BIG** QUESTION

How can I improve my character through my P.E. lessons?

When facing a challenge, **do you feel like you can rise up and accomplish your goal or do you give up in defeat?** Are you like the famous little train engine from the classic children's book ("I think I can, I think I can!"), or do **you doubt your own abilities** to rise up and overcome the difficulties that life throws your way?

THE **SMALL** QUESTION

What is self efficacy and how can I improve my own self efficacy?



What Is Self-Efficacy?

Self-efficacy is a person's belief in their ability to succeed in a particular situation. Psychologist Albert Bandura described these beliefs as determinants of how people think, behave, and feel. ^[1]

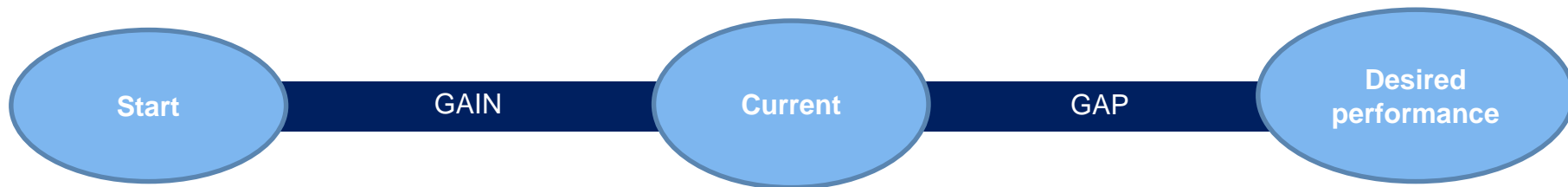
People with a strong sense of self-efficacy

1. Develop deeper interest in the activities in which they participate
2. Form a stronger sense of commitment to their interests and activities
3. Recover quickly from setbacks and disappointments
4. View challenging problems as tasks to be mastered

People with a weak sense of self-efficacy:

1. Avoid challenging tasks
2. Believe that difficult tasks and situations are beyond their capabilities
3. Focus on personal failings and negative outcomes
4. Quickly lose confidence in personal abilities

Self Analysis Task – Looking above do you think you have strong self efficacy? Rate yourself out of 10 with (10 = strong self efficacy). Discuss/ select what you are going to try to improve your self efficacy



Gain vs Gap Task – In your lessons consider what gains have you made towards improved performance? Then what gaps are there that you need to improve in order to get to the desired level of performance?



Me In P.E. ----- Character Me ----- This these are the 3 criteria you will be assessed against

1. My mindset before



1. I approach physical activities with the belief that I can be successful

2. Celebrate my success



2. I can recognize when I have done something well

3. Using feedback with positivity



3. I can take feedback and apply it to improve

Questions

What is self efficacy?

Why is it important to have strong self efficacy in life use examples? Consider life after school ?

Evaluate your self efficacy? Where are you now and what do you need to do next?

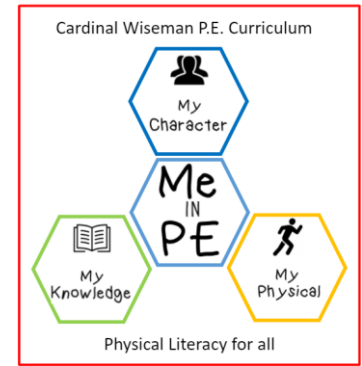
THE **BIG** QUESTION

How can I improve my character through my P.E. lessons?

THE **SMALL** QUESTION

What is social competence and how can I improve my own self efficacy?

The image below breaks down what we mean by social competence. It is important that we learn and reflect on our social competence as it will determine our relationships with friends, family and the work place.



Task -Today Your teacher will select an area of social competence to discuss and apply to your lesson. Look on the back for a description of each circle.

What is social competence?

effectiveness or skill in interpersonal relations and social situations, increasingly considered an important component of mental health. Social competence involves the ability to evaluate **social situations** and determine what is **expected or required**; to recognize **the feelings and intentions of others**; and to **select social behaviors** that are most appropriate for that given context. It is important to note, however, that what is required and appropriate for effective social functioning is likely to vary across settings

Self-Awareness

• **Emotional Self-Awareness:** The ability to understand our own emotions and their effects on our performance.

Self-Management

- **Emotional Self-Control:** The ability to keep disruptive emotions and impulses in check and maintain our effectiveness under stressful or hostile conditions.
- **Achievement Orientation:** Striving to meet or exceed a standard of excellence; looking for ways to do things better, set challenging goals and take calculated risks.
- **Positive Outlook:** The ability to see the positive in people, situations, and events and persistence in pursuing goals despite obstacles and setbacks.
- **Adaptability:** Flexibility in handling change, juggling multiple demands, and adapting our ideas or approaches.

Social Awareness

- **Empathy:** The ability to sense others' feelings and perspectives, taking an active interest in their concerns and picking up cues about what others feel and think.
- **Organizational Awareness:** The ability to read a group's emotional currents and power relationships, identifying influencers, networks, and organizational dynamics.

Relationship Management

- **Influence:** The ability to have a positive impact on others, persuading or convincing others in order to gain their support.
- **Coach and Mentor:** The ability to foster the long-term learning or development of others by giving feedback, guidance, and support.
- **Conflict Management:** The ability to help others through emotional or tense situations, tactfully bringing disagreements into the open and finding solutions all can endorse.
- **Inspirational Leadership:** The ability to inspire and guide individuals and groups towards a meaningful vision of excellence, and to bring out the best in others.
- **Teamwork:** The ability to work with others towards a shared goal; participating actively, sharing responsibility and rewards, and contributing to the capability of the team.

Me In P.E. ----- Character Me ----- This these are the 3 criteria you will be assessed against

1. Support others



I can offer peers positive and constructive feedback to improve performance.

2. Teamwork Skills



I work well as a member of a team, demonstrating strong communication and listening skills when with other

3. Leadership Skills



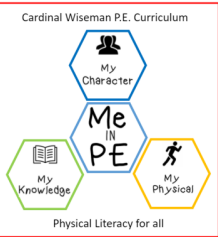
I am able to lead others within smaller group activities

Questions

What is social competence?

Why is it important to have strong social competence in life use examples? Consider life after school ?

Evaluate your social competence? Where are you now and what do you need to do next?



THE BIG QUESTION

How can I improve my character through my P.E. lessons?

THE SMALL QUESTION

What is social competence and how can I improve my own self efficacy?

WHAT IS SELF-CONFIDENCE?

Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well, and have a positive view of yourself. You set realistic expectations and goals, communicate assertively, and can handle criticism.

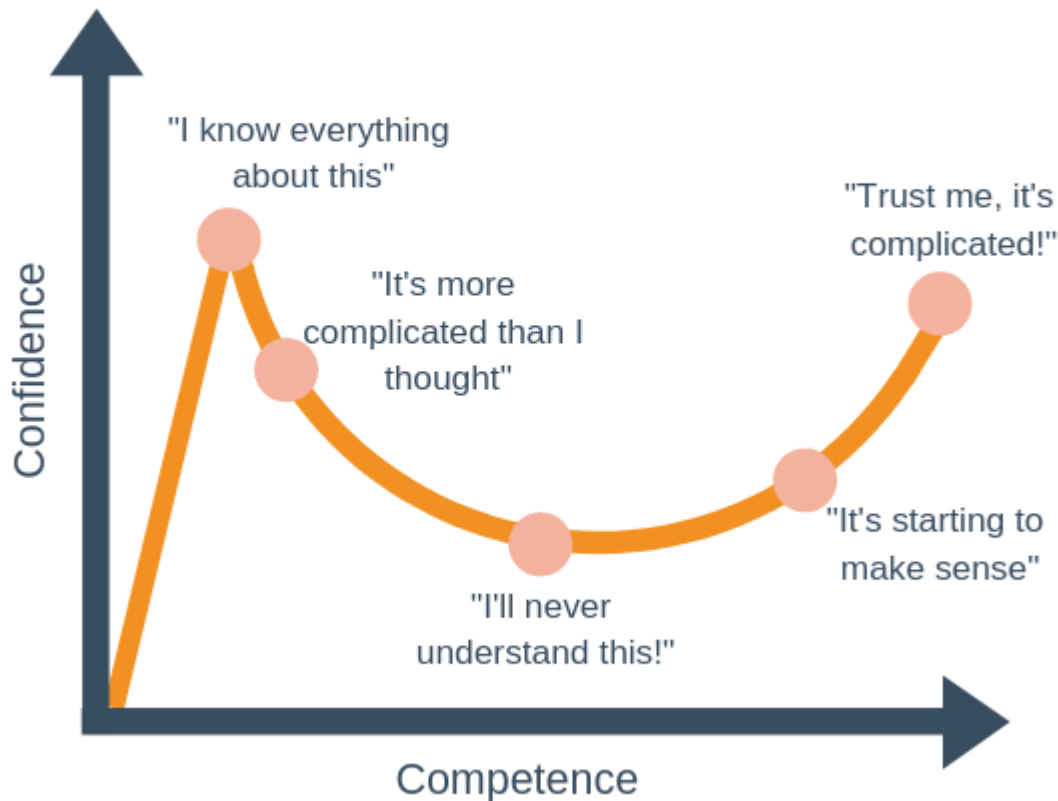


Task – When building confidence in P.E. look at if you all the parts of the jigsaw above? Which ones would be your positive aspects of your self confidence? Which ones need to improve and you are you going to get there? Maybe looking at the Be Confident graphic can help?

- B** **BE YOUR OWN ROLE MODEL**
Be proud of yourself - live your values every day.
- E** **EXPRESS YOURSELF**
Share what you think and feel with others.
- C** **CHALLENGE YOURSELF**
Stretch yourself, persevere, overcome obstacles and feel great!
- O** **ONLY YOUR OPINIONS ABOUT YOU MATTER!**
Stop worrying what others think of you. Focus instead on what *you* think!
- N** **NO MORE NEGATIVE SELF-TALK**
Imagine you're a loving parent. What could you say to yourself instead?
- F** **FORGIVE YOUR MISTAKES**
Remember, there is no such thing as failure - only learning!
- I** **I AM AWESOME**
You're already fabulous - a unique, once in a lifetime creation. Enjoy!
- D** **DON'T WASTE ENERGY COMPARING**
Comparison is the thief of joy (and confidence).
- E** **EXCELLENCE NOT PERFECTION**
Perfection looks good, but it's tiring - for you and those around you...
- N** **NO PART OF YOU LEFT BEHIND**
Learn to love and accept ALL of you!
- T** **TALENTS. DISCOVER YOURS, USE THEM!**
Feel great about yourself by using your strengths and talents in life!

BE CONFIDENT!
Confidence is a skill - and can therefore be learned!

The Dunning-Kruger Thought Process



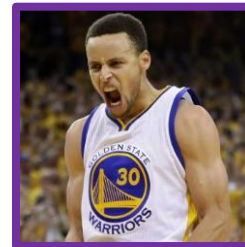
David Dunning and Justin Kruger observed that people that lack knowledge and experience tend to overestimate their abilities. By contrast those that have a good understanding of a concept tend to underestimate their knowledge in that area.

How can this help us in P.E.? How can this help you and how?

Task 3 – Your teacher will use this diagram to give you challenges to improve social competence

Me In P.E. ----- Character Me ----- This these are the 3 criteria you will be assessed against

1. My Performance



I am confident in my physical performance across a range of physical activity areas

2. My Leadership



I am confident when leading others within group activities

3. My Grit



I am confident when competing in front of others

Questions

What is confidence?

Why is it important to have strong confidence in life use examples? Consider life after school ?

Evaluate your confidence? Where are you now and what do you need to do next?