**Key Concepts in Physical Education**

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| Subject | Concept  | Explanation |
| **PE** | Competence | The selection and application of skills, tactics and compositional ideas. The readiness of body and mind to cope with physical activity. |
| Performance | Using physical competence and knowledge to gain a better understanding of physical activity. |
| Creativity | Exploring and experimenting with techniques, tactics and compositional ideas to produce efficient and effective outcomes. |
| Healthy, active lifestyles | Understanding the positive contribution that regular, fit for purpose physical activity makes to the physical and mental health of the individual in preparation for their future lives |
| Evaluation & Analysis | Comparing performance with previous ones and those of others to demonstrate improvement to achieve their personal best |