

PRIMARY PHYSICAL EDUCATION



Social Skills and Personal Qualities Video Clips



DEVELOPING SOCIAL SKILLS AND PERSONAL QUALITIES IN PHYSICAL EDUCATION

COMMITMENT

Motivation and Confidence – the affective domain of Physical Literacy
 This refers to the pupil's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.

- Give your best effort
- Learn from errors
- Try again
- Ask for help
- Stay on task, even when it's hard

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FAIR PLAY

Motivation and Confidence – the affective domain of Physical Literacy
 This refers to the pupil's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.

- Maintain self-control
- Play by the rules
- Win and Lose with grace
- Show respect for teammates and opponents
- Show respect for officials

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TEAMWORK

Motivation and Confidence – the affective domain of Physical Literacy
 This refers to the pupil's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.

- Help others
- Encourage and compliment others
- Involve everyone
- Communicate
- Listen

Social Skills and Personal Qualities Video Clips

Positive social skills and personal qualities have been identified as important elements of physical literacy across the world and can add to an individual’s motivation and confidence. 3 key skills and qualities related to motivation and confidence in PE in the Irish context have been identified. These include commitment, fair play and teamwork. When teaching a social skill or personal quality, the use of modelling and reinforcement as well as discussion and reflection have been identified as effective teaching strategies. As aspects of these skills can be abstract for children, video clips can be used to help them identify and define the key features of the desired skill/quality. Examples of the features of the skill are provided through a variety of videos outlined below. Please note these are external video links not designed by the PDST and **teachers should ensure they are appropriate for their own classes before use**. This list is not exhaustive and further videos as well as stories may also support the development of positive social skill and personal qualities in PE.

For more information about the importance of social skill and personal qualities in PE and for guidance on how to teach these skills in PE click [here](#).



Area in which skill/quality is demonstrated	Description of clip	Link to clip
Athletics	At the 2016 Olympics a runner stops to help another athlete who has fallen. Both athletes are put through to the next round for fair play.	https://www.youtube.com/watch?v=dCVIRFWOjgE

Tennis	A tennis player tells the umpire he is mistaken and calls an opponent's ball in	https://www.youtube.com/watch?v=Q24vr-nwpbl
Soccer	A Galatasary under 14 football player intentionally missed penalty after it was incorrectly awarded	https://www.youtube.com/watch?v=bopZieM0T3I
Soccer	A futsal player refuses to score after opponent goes down injured	https://www.youtube.com/watch?v=YWXuwF59hyo
Rugby	Video highlighting the importance of respect in rugby. Examples of respect for opposition players and respect for referee	https://www.youtube.com/watch?v=CCuGJlkJOcM
Ultimate Frisbee	Explanation of the concept of 'Spirit of the Game' in ultimate Frisbee. Ultimate Frisbee is a self-referred game with no referees or officials	https://www.youtube.com/watch?v=2mlo5WykDIO



Area in which skill/quality is demonstrated	Description of clip	Link to clip
Rowing	Rowing coaches describe the importance of teamwork to rowing	https://www.youtube.com/watch?v=IWcP0sZEv8w
Formula 1	Clip which highlights how a team performs better than individuals in making a pit stop	https://www.youtube.com/watch?v=RAm0nrf919k

Animals	Animated cartoon example of animals working together to defend themselves	https://www.youtube.com/watch?v=wuo13FrNX6g
Various	Short video highlighting aspects of teamwork in many activities	https://www.youtube.com/watch?v=iFwVSLfQj1M
Soccer	Example of non-verbal communication between 2 players	https://www.youtube.com/watch?v=zNzXpzB0vIE
Dance	Kids dance crew performance involving teamwork	https://www.youtube.com/watch?v=gzObZn3dlRs



Area in which skill/quality is demonstrated	Description of clip	Link to clip
Basketball	Michael Jordan describes how despite missing shots he keeps going	https://www.youtube.com/watch?v=JA7G7AV-LT8
Multiple sports	Sports people who made comebacks when it was hard	https://www.youtube.com/watch?v=R-t8qPldklc
Animated story	Animated story about asking for help	https://www.youtube.com/watch?v=ucrCVj0wal
Animals	Variety of animals persevering at difficult tasks	https://www.youtube.com/watch?v=RPpmd9uRgJw