



As IB Physical Education Students

we are.....



Balanced



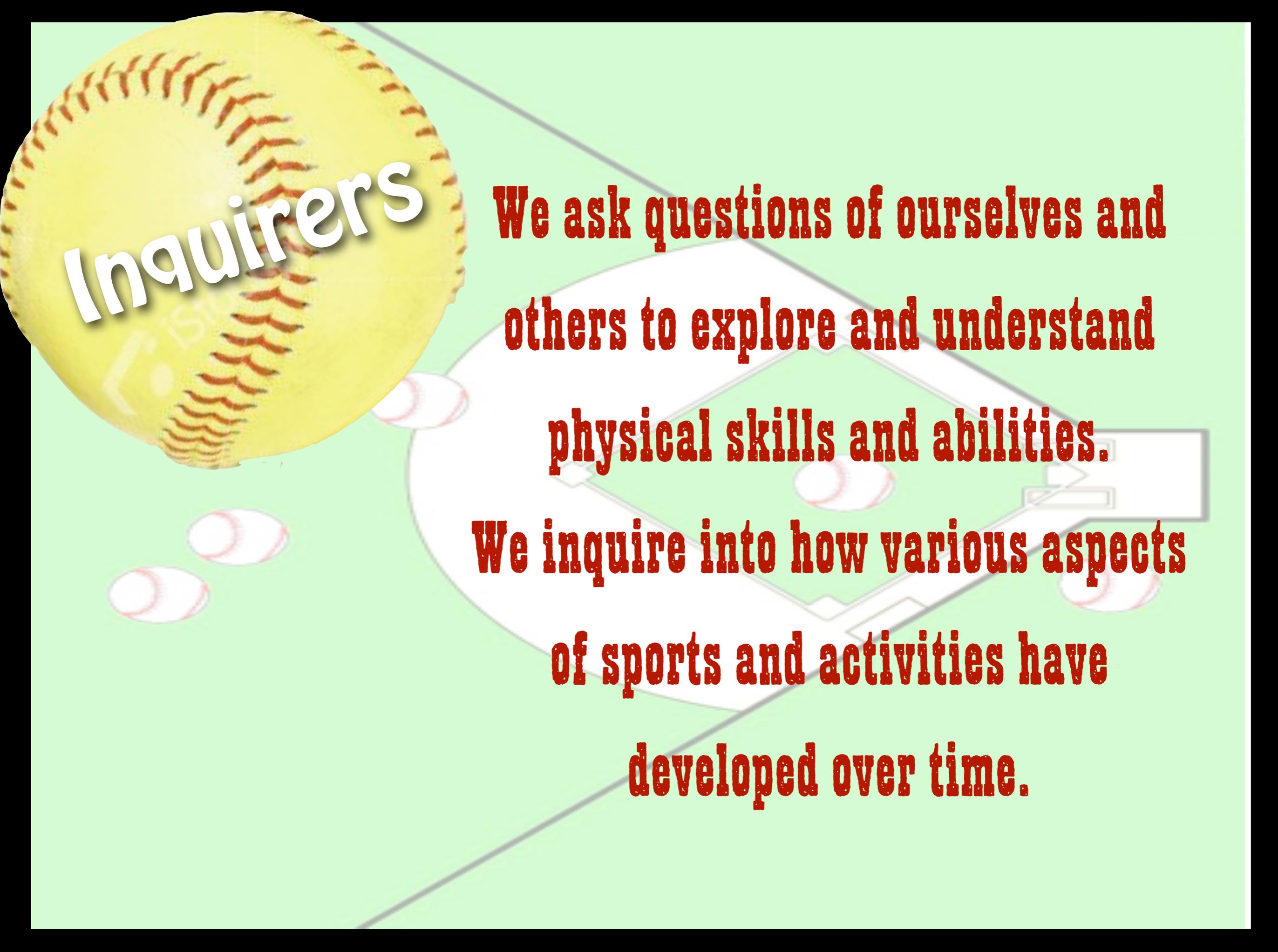
**We understand the importance
of balancing exercise, nutrition
and rest for our bodies to grow
and develop properly to
maintain a healthy lifestyle.**



Communicators

**We can communicate ideas
effectively in team situations.**

**We can speak, and show, with
actions how we are improving.**



Inquirers

We ask questions of ourselves and others to explore and understand physical skills and abilities.

We inquire into how various aspects of sports and activities have developed over time.



Open-Minded

We listen to other people's ideas on how they might improve in PE.

We appreciate that the popularity of various sports differs in countries around the world.



Thinkers



**We can think and apply strategies
to help improve our physical and
tactical skills in PE.**

**We can use initiative to create
solutions for problems.**



Caring

**We care about the physical well
being of our bodies.**

**We respect and nurture the feelings
of other students and their varying
abilities in PE through**

**understanding, encouragement
and support.**



Knowledgeable

We explore sports, games and activities, some of which may be new to us, in increasing depth in terms of safety, skills, techniques, rules, strategies and tactics.



Risk-Takers

We show courage and forethought when facing new and challenging activities that are unfamiliar to us.

We explore new ideas, roles and strategies in group activities.



Principled

We show sportsmanship and respect for rules in all activities in order to have a safe and supportive environment in PE.

We take responsibility for equipment and our own actions and the consequences that go with them.



Reflective

We can reflect on our strengths and weaknesses in PE and set goals or plan strategies to improve.

We can reflect on ideas others have given us to see whether that will aid our improvement.