

Physical Education Senior Phase Progression Pathway

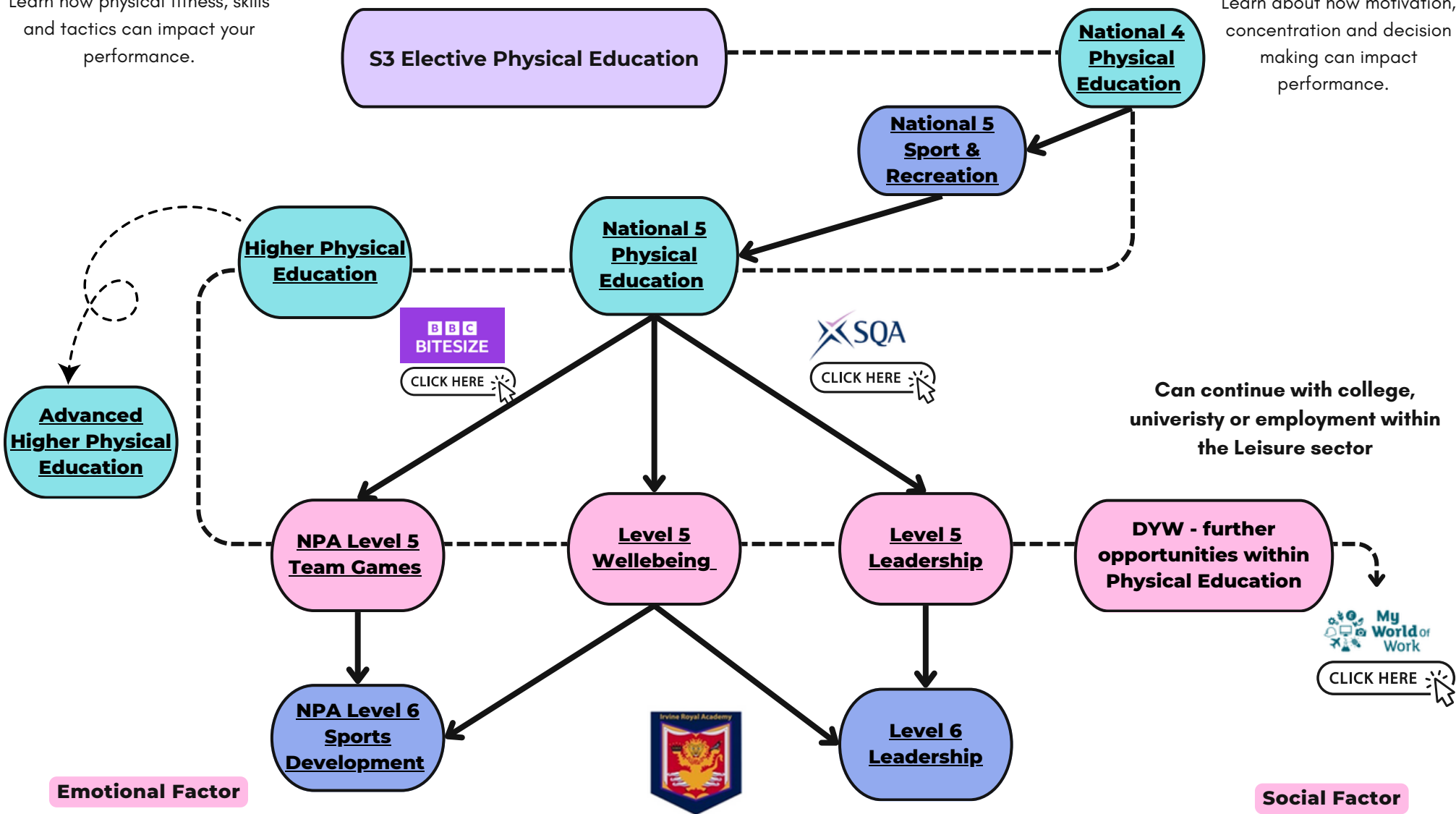
#believeinbetter

Physical Factor

Learn how physical fitness, skills and tactics can impact your performance.

Mental Factor

Learn about how motivation, concentration and decision making can impact performance.



Emotional Factor

Learn how anger, sadness, fear, confidence and happiness impact performance.

Social Factor

Learn how team dynamics, communication, leadership and cooperation impact performance.

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