



Key Concepts and Processes in PE at BHA:



Outwitting an opponent OO	Developing Physical and Mental Capacity DP&MC	Development & Replication of Skills D&ROS
Making and Applying Decisions M&AD	Making Informed Choices About Healthy, Active Lifestyle MICAH&AL	Evaluating and Improving E&I
Development of Performance DOP	Problem Solving PS	Competent – Confident – Expert Acquire – Develop – Apply Know – Show - Show under pressure - Embed for lifelong learning