



Significant Aspects of Learning in Physical Education

Cognitive Skills

I can **focus and concentrate** on my actions, and those of others, to cycle safely

I can **recognise cues** when performing manoeuvres in the correct order and use **problem solving** to respond to the environment around me

I can use **decision making** skills before and during manoeuvres to decide the safest option for me



Search **Education Scotland Benchmarks for Physical Education** for more information.

Cycling Scotland



Cycling Scotland is a Scottish Charity, SC029760, regulated by the Scottish Charity Regulator (OSCR)

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Physical Competences

I can **co-ordinate** my whole body and my **gross and fine motor skills** to cycle **fluently**

I use my **balance and control** to maintain my cycling position

I can control the **rhythm and timing** of my actions to cycle at different speeds



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Physical Fitness



I can use my **core stability** to maintain balance and control and keep good posture on my bike

I have the **stamina** to keep active throughout my journey

I can vary the **speed** of my movement to stay in control

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Personal Qualities

I am **determined and resilient** to keep trying, as I discover new cycling skills and increase my **confidence and self-esteem**

I can **communicate** in a variety of ways to stay safe as I cycle

It is my **responsibility** to behave in a safe and **respectful** manner when taking part in cycling activities

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