

Life Skills Outcomes Worksheet
School Certificate

School:
Student:

Physical Activity and Sports Studies (Life Skills)

Syllabus Outcomes		Achieved		Date	Signature
		Independently	With Support		
LS.1.1	Recognises factors that affect health and fitness				
LS.1.2	Recognises the benefits of participating in a range of physical activities and/or sports				
LS.2.1	Recognises the ways in which physical activity and sport are part of our way of life in Australia				
LS.2.2	Recognises ways to participate in physical activity and/or sport as a volunteer or support person				
LS.3.1	Demonstrates skills and strategies for participation in physical activity and/or sport				
LS.3.2	Recognises factors that enhance participation in physical activity and/or sport				
LS.4.1	Supports and cooperates with others in a range of activities				
LS.4.2	Recognises steps to achieve personal and group goals				
LS.4.3	Moves confidently in a range of contexts				
LS.4.4	Makes considered decisions in physical activity and sport contexts				