

READY...GO

CROSS-CURRICULAR COMPETENCES	LIGHTINGS in the context of Sport and/or Physical activities	INDICATORS
Accept errors	<p>...to examine your own mistakes and look to the future</p> <p>...to be open to criticism and to be able to deal with criticism</p> <p>...to learn from your mistakes</p> <p>...to be responsible for your mistakes</p>	<p>The inmate shows a positive disposition towards criticism coming from the teammates, sports instructors and sports officials.</p> <p>The inmate is able to accept advice without taking it too personally.</p> <p>The inmate is able to change his/her attitude in regards of advice or criticism.</p> <p>The inmate apologizes for his/her mistakes or bad behaviour.</p>
Aspiration	<p>Strong desire to achieve something, such as sport success, improving performance, etc</p>	<p>The inmate has a clear objective and strives to reach own ambitions.</p> <p>The inmate shows a strong desire for high achievement.</p>
Autonomy	<p>...the ability to make your own decisions without being controlled by anyone else</p> <p>...the right or condition of self-government.</p> <p>...the freedom from external control or influence; independence.</p> <p>...the capacity of someone to act in accordance with objective morality rather than under the influence of desires.</p>	<p>The inmate manages to conduct himself/her self free from external pressures and manifests an independence of thought.</p> <p>The inmate is able to do something on his/her own without mentoring (eg. Warm up).</p> <p>The inmate is able to decide to take responsibility for an action that could be by another partner (eg. Penalty).</p> <p>The inmate is able to follow a fixed program alone.</p>
Be aware of own limits	<p>Ability to know oneself - to face challenges, with balance and temperance.</p>	<p>The inmate is conscious of own abilities and potential in the specific sports discipline.</p>
Body awareness	<p>... concern about and well-informed interest in a particular situation or development</p> <p>...the knowledge that something exists, or understanding of a situation or subject at the present time based on information or experience</p> <p>...improving body awareness makes it easier to fix problems yourself when they arise</p>	<p>The inmate is aware of the sensory information one receives from the movement and forces from one's muscles and senses.</p> <p>The inmate knows which parts of his/her body is/are working on while doing PAS.</p>
Cohesion	<p>Feelings of social inclusion and belonging, also foster positive relationships. That feeling you are part of the group. Integration to community.</p>	<p>The inmate makes efforts to get along with everyone based on team-spirit.</p> <p>The inmate shows a sense of solidarity and has an understanding of togetherness.</p>
Commitment	<p>Commit to the tasks you want to be a part of and most interest you. Adopting the kind of attitudes and actions that maximize your chances to achieve something.</p>	<p>The inmate exhibits consistency and dedication in order to reach one's goals as well as the team's goals.</p>
Communication	<p>Act of interaction between two or more persons</p>	<p>The inmate is capable of positively interacting with other inmates as well as sport instructors both verbally and non-verbally.</p> <p>The inmate is able to listen and stay quiet when the sport instructor is giving instructions.</p> <p>The inmate is able to share his/her perceptions of PAS with the instructor or the other inmates (I didn't like the activity because...).</p> <p>The inmate knows how to communicate in a proper way with other inmates including verbal and non-verbal communication.</p>

Consideration	Ability to behave with respect according to the sport rules, the referee, opponents, mates, material, coach.	The inmate manifests through, concern and thoughtfulness to the needs of others. The inmate is responsible for his/her overreactions through the condition of the game (eg : he/she apologies for anti-athletic behaviour).
Control stress	Given a sport high pressure situation the person / team act in according to a proper sportive response needed.	Inmate has the ability to control himself/herself in different pressure situations.
Cooperation	The act of a sports person who is being helpful by doing what is needed or asked for the common/team effort	The inmate works with others to reach common goals The inmate offers ideas to resolve difficulties
Coordination	Interaction between persons to achieve a common goal.	The inmate is able to interact between other people to achieve common goals. The inmate collaborates with others to work effectively together in a smooth and efficient manner to reach positive results. The inmate is able to work on team tactics
Creativity	Creativity is the ability to design something new, even in sports.	The inmate manifests innovation and design through a process of imagination and inventiveness. The inmate is able to develop his/her own leadership style and techniques as a leader. The inmate is able to invent new strategies to achieve his/her goal in PAS. He/she proposes/finds new rules or modifies the rules.
Decision-making	Ability to analyze in different game situations, and select the motor response that offers greater guarantees of success.	The inmate analyses the various situations one encounters and manages the decision-making process to achieve the most desirable outcome. The inmate is able to offer the best motor response in different game situations.
Determination	Ability to carry out the different actions to achieve the objectives proposed (related with boldness, courage)	The inmate shows resolve and persistence in achieving goals and completing proposed tasks. The inmate shows determination to be a good leader.
Empathy	The action of understanding, being aware of, being sensitive to the feelings, thoughts and experience of another	The inmate shows understanding to other inmates' feelings. The inmate is able to have consideration for the others (inmates or instructor) while is playing (eg : if someone get injured) The inmate encourages and helps the weak ones.
Fellowship	A group of persons of similar interest, activity, feeling, or experience	The inmate manifests a friendly association with other inmates who share a similar interest.
Forgiveness	Allowing room for the understanding of error or weakness in sport activity	The inmate shows compassion and understanding and engages in acts of reconciliation The inmate doesn't blame anyone for their mistakes or behaviour.
Freetime management	Ability to occupy with a healthy attitude his/her free time.	The inmate manages to conduct himself/herself in a productive manner in his/her spare time. The inmate also refrains from engaging himself/herself in behaviour resulting in disciplinary measures. The inmate uses his/her freetime to improve his/her sport skills.
Gratitude	An appreciation of benefits received through the act of sports	The inmate is thankful and shows appreciation for any act of kindness manifested towards them.

Humility	Humility is a component of sports personship, deters egoism in sport. Humility can contribute to an athlete being a better teammate.	The inmate is humble with his/her performance and doesn't consider himself/herself better than the others. The inmate manifests behaviours of modesty and humbleness.
Hygiene habits	Hygiene habits in sports help people to have healthy life in all domains in their lives	The inmate focuses on self-presentation, taking care of one's general cleanliness. The inmate wears adapted clothes and brings and uses hygienic accessories (eg: towel) The inmate takes a shower before and after PAS
Improvement of physical appearance	Paying attention to the way you present yourself.	The inmate seeks to work hard to improve the way he/she looks including his/her effect on others.
Keeping rules	Keeping rules is an aspect of discipline so to provide guidance as necessary, and reduce regulatory interventions as rules provide an agreement of understanding to competition.	The inmate is able to respect the rules, the referee and the others players. The inmate shows fairplay. The inmate accepts and integrates well guidelines, instructions and procedures. The inmate accepts the rules of the game without trying to change them, or cheating.
Knowledge of Rules and regulation	Knowledge of rules in sports provide an agreement of the common framework where participants understand each other (eg. in table tennis, the ball has to be returned back after one rebound).	The inmate shows an understanding of the rules and regulations of the sport activity. The inmate respects the material.
Learn how to accept winning and loosing	Appreciation toward the opponent both in winning and/or loosing situations.	The inmate manifests the spirit of sportspersonship. The inmate is able to congratulate his/her teammate when he/she is winning but also to congratulate his/her opposite team when he/she is loosing. The inmate is able to accept to loose without blaming his/her teammates. The inmate keeps playing even if he/she's loosing The inmate doesn't blame the referee if he/she is loosing The inmate doesn't boast too much about his/her winning.
Learning to compete	Given a game situation the person / the team offer its best physical and mental condition in order to achieve the best possible performance.	The inmate shows a positive disposition to learn how to participate and interact with both his/her teammate and opponents in a competitive event The inmate is able to offer his/her best performance given a game situation.
Learning to concentrate	It is the ability in sports to achieve/focusing to your target.	The inmate shows focus and attentiveness in conducting his/her tasks The inmate knows how to achieve or focus on the target.
Mastering linguistic knowledge/skills	Work with the non-national language speakers to develop their linguistic skills through PAS (eg. soccer rules)	The inmate is capable of developing his/her basic vocabulary The inmate knows the main terms of the PAS and is able to understand the referee comments even if it is not his/her mother language.
Mental abilities	Mental skills, capabilities, self-awareness, ability to understand and work with other people.	

Mentoring	Supporting someone to achieve a goal.	The inmate is supporting his/her team members and/or opponents to reach the aims of the activity. The inmate is able to learn and to restate a sport routine to train the rest of the group.
Observation	The act or an instance of noticing; perception. A statement based on something one has seen, heard or noticed.	The inmate pays attention to his/her environment : people, location, sounds, others actions. The inmate is able to look with attention and examines closely something/someone.
Openness	A tendency to accept new ideas, methods, or changes.	The inmate is open-minded to new ideas or opinions on how something has to be done that comes from other inmates or the instructor during PAS.
Organizational skills	Teamwork and communication are not effective unless there is organization and strategy behind it. Sports and team activities give opportunities for participants to come up with a game plan and strategies to win.	The inmate possesses the strategic acumen to develop game plans. The inmate is able to create and execute organization and strategy tools and transfer it to others.
Overcoming capacity	Sport is certainly one way to take/resolve hurdles enjoying new experiences of finding things out.	The inmate's ability to deal with obstacles and challenging situations one encounters.
Positive attitude	The ability to interact optimistically in order to achieve a high performance.	The inmate encourages his/her teammates before, during and after the game whatever happens. The inmate is motivated : smiling, open-minded...etc The inmate manifests a sense of optimism in the task he/she is engaged in and is aware of avoiding negative thinking.
Respect	To show consideration for others and accept their opinions.	The inmate manifests consideration and mindfulness for others. The inmate doesn't criticise the decisions or the opinions of the others.
Responsibility	Learning to take responsibility for the others, but also themselves. They will also learn that they are responsible for their actions and for their own improvement and corporate social responsibility.	The inmate demonstrates concern for others and holds him or herself accountability for their actions. The inmate is able to accept the consequence of his/her actions (eg : he/she accepts the referee decision without overreacting) The inmate is willing to accept responsibilities and complete with them (eg: is responsible to pick up the balls)
Self-confidence	Improved mood will translate into all other parts of your life => improved relationships with your friends and family. Positive mental attitude keeps a person working hard. For example, you start some sport from "zero" but after months of training you are gaining results (you can run faster, longer and not gasping anymore) >> positive results increase your self-confidence.	The inmate demonstrates a sense of self-assurance and assertiveness. The inmate shows sureness in decision making process.
Self-control	Learning how to deal with conflicts between teammates in team sports and while playing sports that have contact you must accept it and not seek revenge.	The inmate is able to deal with conflicts during sport activities, and shows an element of self-discipline and restraint. The inmate is able to deal with conflicts using assertive communication. The inmate is able to be calm and not anxious during the PAS.

Self-esteem	The feeling (low to high) someone has about himself/herself.	The inmate shows his/her feelings to someone through PAS with assertivity. The inmate regards himself/herself positively and appreciates their worth.
Serenity	Inner peace for example through yoga exercise, calming yourself, relaxing your body and release the tension.	The inmate is able, in a stressful situation, to calm him/herself or to calm his/her teammates. The inmate acts in a calm, peaceful and untroubled manner.
Social behavior	Social behaviour is following the norms of society.	The inmate behaves within socially accepted norms and regulations of the team during the sports activity. The inmate is able to respect the rules of society through PAS as: being polite, being on time...
Social relationships	Ability to share experience and knowledge between 2 or more persons.	The inmate motivates the others in taking part of the PAS. The inmate is able to give advice to the other inmates if he/she has some knowledge, experience or capacity The inmate demonstrates ability to interact meaningfully with one or more individuals.
Team spirit	Thinking collectively instead of individual interest.	The inmate shows appreciation of team work, encourages and inspires others. The inmate displays feelings of pride and loyalty towards members of the group sharing feelings to do well, and to do their best.
Teamwork	Working together to reach common goal(s).	The inmate participates in a combined action of the group in an effective and efficient manner to produce results and achieve goals. The inmate is able to support others in team leadership.
Technical knowledge/skills	The knowledge and abilities that are used to accomplish specific tasks and duties related to sports.	The inmate has specialised knowledge specific to that particular sport discipline. The inmate is able to learn and improve new techniques and put them in practice.
To achieve goals	Obtaining what you have planned.	The inmate manages to conclude the activity and reach the desirable outcomes for that activity within a finite time by setting deadlines when applicable. The inmate shows he/she wants to obtain what he/she has planned.
Tolerance	The attitude of supporting/accepting matters that you may not like.	The inmate is able to accept playing with inmates that might have not the same skills level. The inmate is sympathetic to beliefs or practices differing from or conflicting with his/her own. The inmate shows a fair and permissive attitude toward what differs from his/her own.
Trust	Accepting to put your faith into someone or a group to reach your target in sports.	The inmate is able to put his/her own safety into someone else's hands. The inmate shows confidence in their abilities and in the abilities of those participating in the activity. The inmate accepts to let someone take decisions for the team to reach a goal.