



THE IB LEARNER PROFILE

As IB learners in Physical Education, I strive to be...



BALANCED

I appreciate, and participate in, a wide range of physical activities. I take action to achieve well-being for myself in a variety of ways such as regular exercise, a healthy diet, and adequate rest.



RISK- TAKERS

I am enthusiastic and optimistic about trying new things. I choose to participate regardless of the activity. I am resilient when faced with challenges.





CARING

I am kind to myself.

I interact positively with others.

I peacefully resolve conflicts with peers if and when they arise.





I know the safety features and rules of different physical activities.

I demonstrate different tactical decisions and strategies in a variety of movement contexts.

I use my knowledge to help understand concepts, perform skills and display dispositions in a wide range of physical activities.



KNOWLEDGEABLE



OPEN-MINDED

I listen to, and acknowledge, others' points of view. I appreciate opportunities to collaborate with my peers regardless of any differences we may have.





THINKERS

I use critical and creative thinking to overcome movement challenges. I think about how my teammates and I can be successful. I combine movements to help perform tasks in a variety of contexts.



PRINCIPLED

I show respect for rules, equipment, and my peers. I take responsibility for my own actions and their consequences. I display sportsmanship when competing with and against my peers.





I respectfully listen to, and share ideas with, others. I express myself through movement in a variety of contexts. I sensitively provide feedback to my peers.

COMMUNICATORS



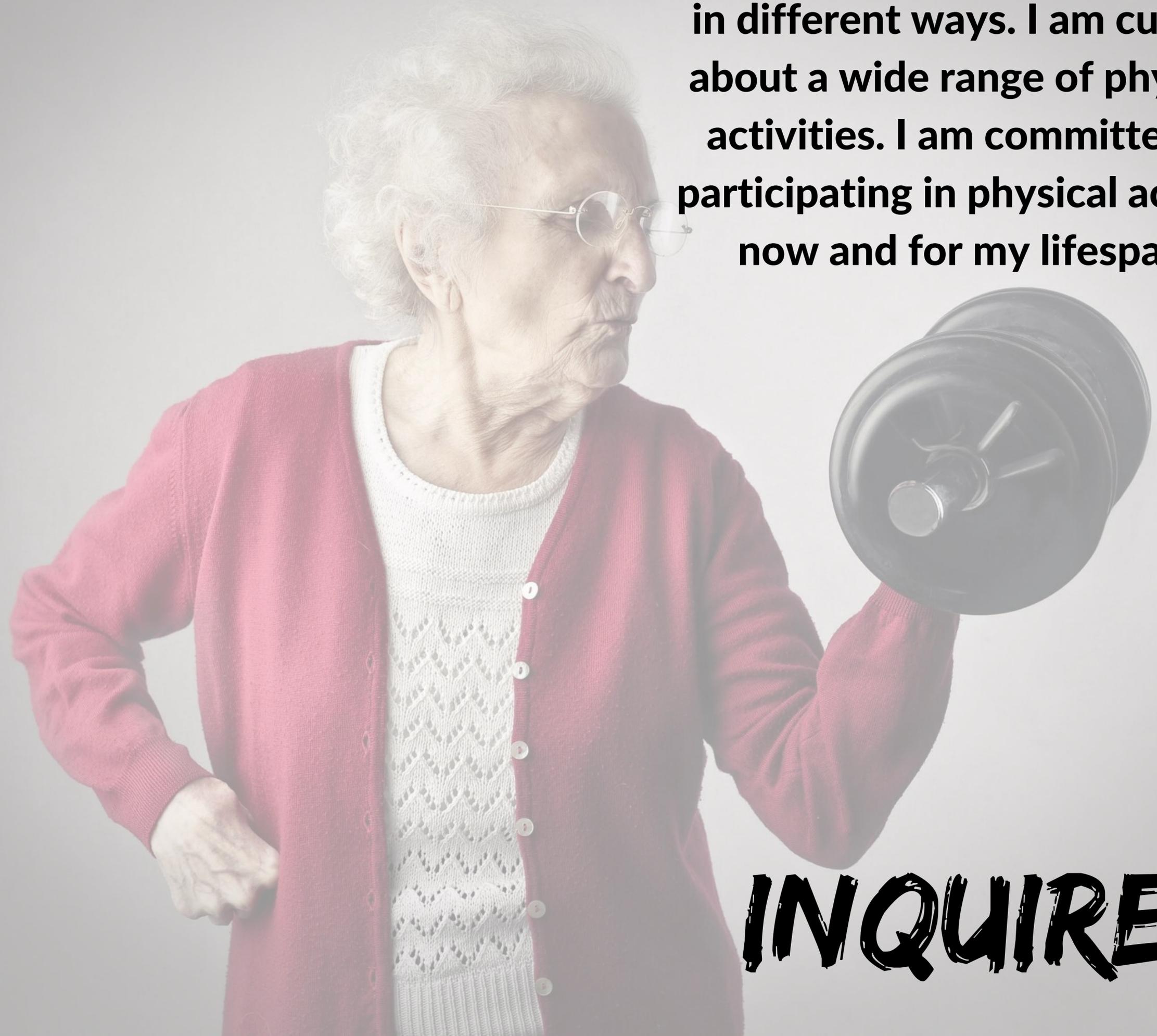
REFLECTIVE

I reflect individually, and with others, on strengths and areas of growth. I set goals and I can identify ways to improve. Through reflection, I am aware of the personal meaning of movement.





I ask questions and explore moving in different ways. I am curious about a wide range of physical activities. I am committed to participating in physical activity now and for my lifespan.



INQUIRERS