

PE &amp; HEALTH · GRADES 2–4

# Growth Mindset in PE

The power of YET

## Reframe your thinking

Fixed thinking	Growth thinking
I can't catch.	I can't catch YET.
I'm rubbish at football.	I'm still learning the skills.
I'll never run that fast.	If I train, I'll get faster.
I'm just not sporty.	There's a sport out there for me.
I made a mistake.	Mistakes show me what to practice.
I'm not as good as her.	She's been doing this longer.
This is too hard.	This will take time and practice.
I'm last.	I beat my own time from last week.

## Why this matters in PE

Sport is one of the places where children give up fastest if they decide they're 'not good at it'. The truth is that EVERY skill — kicking a ball, catching, balance, running fast — is learned through practice. Nobody was born good at football. They got better. So can you. Even Olympic athletes were once children who couldn't catch.

