

## **CATEGORY OF LIFELONG LEARNING COMPETENCES**

## **SPORTS THROUGH WHICH IT IS ACHIEVABLE**

## **POTENTIAL LEARNING OUTCOMES**

**Communication in mothertongue/ foreign language**

All kinds of collective sports, physical exercises played in team, especially activities which need an establishment of a strategy

Ability to understand a message given by another person and to respond accordingly; ability to explain and to be understood. This refers also to the category of the cognitive competences presented by CoE such as ability to take part in a public debate or the ability to cooperate with others as it sometimes involves a communication in foreign language.

**Learning to learn**

All sports and physical activities without any exception

This competence refers to each individual's awareness of their own learning process and style. This means that every sport practice and physical activity could develop this competence, of course, to a different extent depending on the different practices. Nevertheless it is the most important potential learning outcome as it involves motivation and being able to reflect critically in terms of attitudes, which are extremely important in achieving a successful learning process.

**Social and civic competences**

Mostly collectively played sports but also some individual sport practices such as swimming, hiking or extreme sports

The potential outcome in terms of skills is the ability to cope with stress and frustration or also to create confidence and to feel empathy. In terms of attitudes it involves the assertiveness, collaboration and integrity. Potential outcome could be also some conflict transformation/resolution skills. The social and civic competences can be seen from another perspective. The potential learning outcomes involve also some ethic competences and values in terms of attitudes such as freedom, solidarity, tolerance, equity and sense of belonging, democratic participatory attitude as well as team work and cooperation.

**Cultural awareness**

Collectively played sports and physical activities exercised in a team, traditional national sports, martial arts

The potential learning outcomes concerning the competence of cultural awareness involve understanding and respect of each one's cultural background, also implies self-respect and respect for others, as well as different opinions and points of view, acceptance of differences and diversity, respect for human rights, tolerance, equity as well as overcoming stereotypes and prejudices.

**Digital competences**

Sport practices which requires strategy

Potential educational aspects are the ability to elaborate strategy as well as creative, innovative and critical thinking, active participation, ability to reflect on the direction and limits of possible action.