



Irish Primary PE Association
Cumann Corpoideachais Bunscoile na hÉireann

7 Attributes To

BEING WELL

ADAPTED FROM THE PRIMARY CURRICULUM FRAMEWORK FOR ALL PRIMARY AND SPECIAL SCHOOLS (NCCA, 2023)



01

Showing awareness of how to make good choices in relation to wellbeing

02

Participating with growing confidence and skill in physical activity

03

Acting responsibly and showing care towards self and others



04

Being self-aware and resilient

05

Being spiritual and having a sense of purpose and meaning

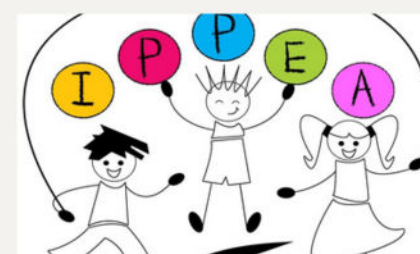


06

Being persistent and flexible in solving problems

07

Being able to assess risk and respond



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