

# COGNITIVE DOMAIN

The Cognitive domain focuses on the development of knowledge and understanding required for movement and physical activity.

It includes developing a person's understanding of how, when and why to move, as well as the knowledge and awareness of the benefits of movement and physical activity.

These skills are learned and applied through movement as a person draws on their integrated physical, psychological, social and cognitive capabilities that support lifelong participation in movement and physical activity.



By developing proficiency across the elements within the Cognitive domain, a person can learn to cooperate, negotiate and manage their own emotions and are more likely to enjoy participating and applying these skills to a range of movement and physical settings.



### COGNITIVE DOMAIN ELEMENTS

- > CONTENT KNOWLEDGE
- > SAFETY & RISK
- > RULES
- > REASONING
- > STRATEGY & PLANNING
- > TACTICS
- > PERCEPTUAL AWARENESS

**PHYSICAL LITERACY IS ABOUT BUILDING THE SKILLS, KNOWLEDGE AND BEHAVIOURS TO HELP US LEAD ACTIVE LIVES.**

For more information on physical literacy visit [sportaus.gov.au/physical\\_literacy](http://sportaus.gov.au/physical_literacy)

THE COGNITIVE DOMAIN IS ABOUT BEING ABLE TO:



Think, understand and make decisions, knowing how and when to perform movement skills



Understand and follow rules and apply tactics or strategies within a game



Know ways of moving with and around other people and the environment to solve movement challenges



Know and understand the short and long-term benefits of participating in movement and physical activity