

Why do we learn about PE?

- To remain fit and healthy.
- To build confidence and teamwork skills.
- It gives us an opportunity to be creative, cooperative and competitive.
- To face up to diverse challenges, both as individuals and in groups.
- Helps reduce anxiety, tension and stress.
- It teaches us about responsibilities.



Successful Sportsperson

Career Ideas

- Sportsperson
- Physio
- Manager / coach
- Teacher
- Sports scientist / psychologist
- Sports development officer
- Sports therapist
- Choreographer / dancer
- Nutritionist

Teamwork and independent skills – setting personal goals

Sportsmanship skills:

- Dedication
- Fair play
- Perseverance
- respect

To use vocabulary to effectively communicate

Develop Motor Competence & Fundamental Movement Skills

- Locomotor
- Stability
- Manipulation



To understand the importance of a healthy and balanced lifestyle