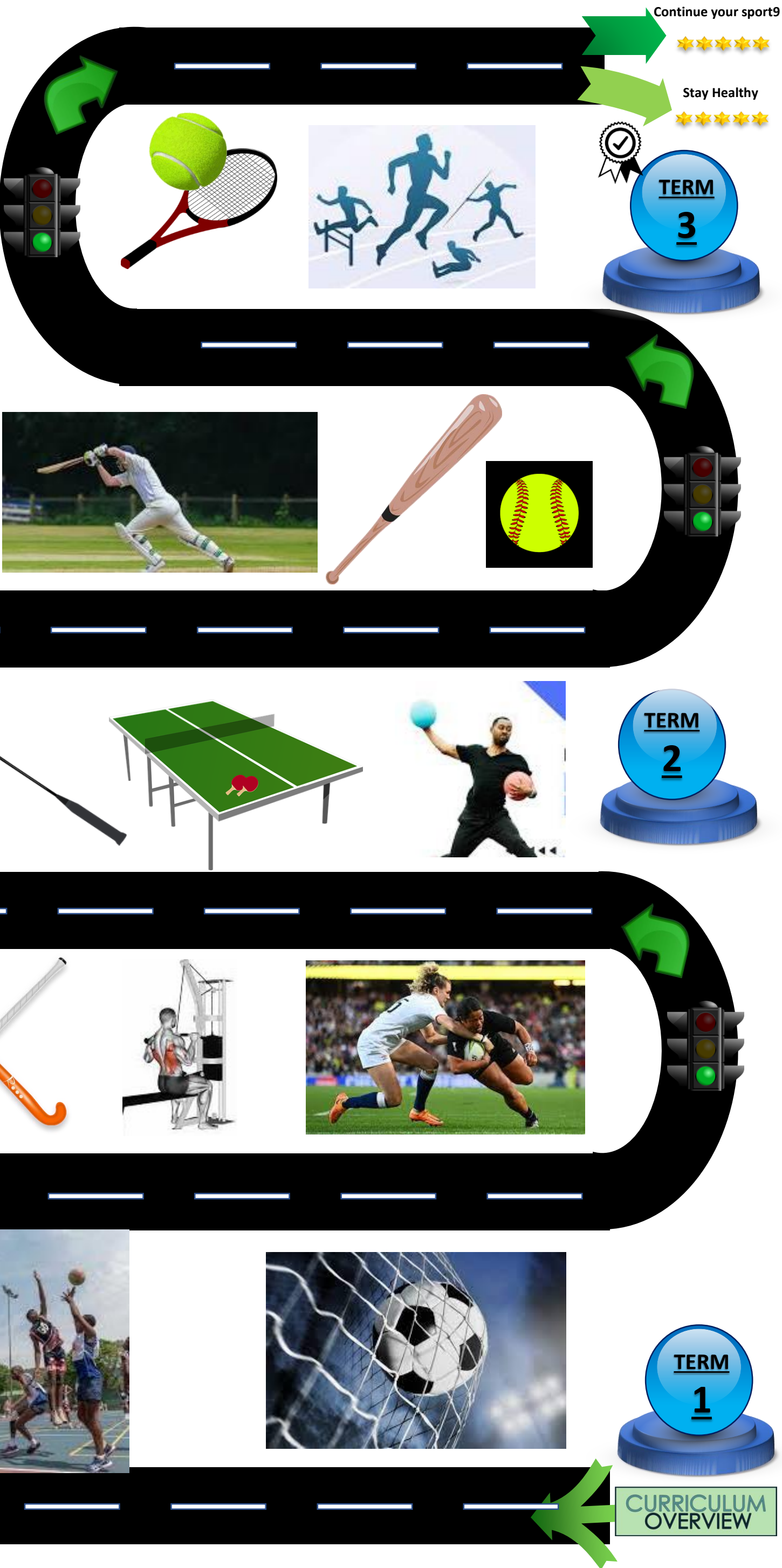


Core PE

Top Tips	
Tip 1	Bring your kit to every lesson.
Tip 2	Have a go, always put in 100%.
Tip 3	Become involved with Interhouse competition.
Tip 4	It really isn't about the winning, it really is about the taking part.
Tip 5	Get involved in extra-curricular sport or play out of school.



SKILLS TAUGHT ACROSS PHYSICAL EDUCATION

- 1) Develop confidence
- 2) Improve physical abilities
- 3) Develop skills and tactical knowledge
- 4) Understand the rules of sports
- 5) Develop team and social skills