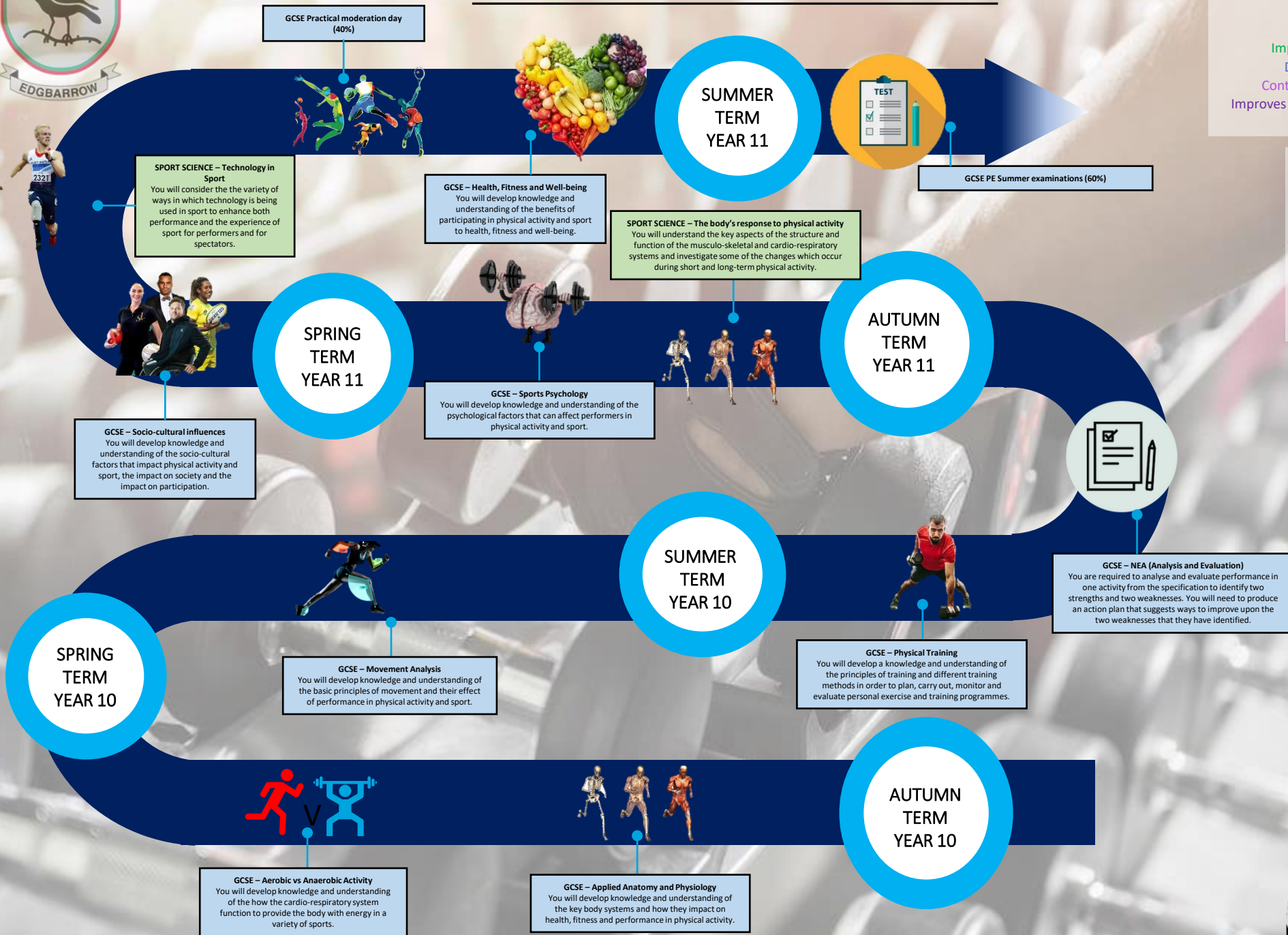




EDGBARROW SCHOOL PHYSICAL EDUCATION JOURNEY

GCSE PE and Yr 11 OCR SPORT SCIENCE



The Value of PE

Teaches self-discipline
Involves physical fitness
Develops leadership qualities
Improves academic performance
Develops communication skills
Contributes to good mental health
Improves self-confidence & self-esteem

Values in PE

Personal Excellence
Respect & Teamwork
Inspiration
Determination & Resilience
Equality & Fair play