

# P.E.



### Aims





To become more competent, confident and expert in their techniques and apply them across different sports and physical activities.



To have opportunities to compete in sport and other activities, build character and help embed values such as fairness and respect.



To develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life.



They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.



To become more competent and confident when learning to swim.