



Our P.E. Curriculum Vision

“Sport is a universal language, building more bridges between people than anything else I can think of.” ~ Sebastian Coe

In our P.E. lessons we ROCK!

- **R**espectful - we are respectful of all efforts, skills and participation.
- **O**pen minded - we are open minded to new challenges and sports as this might lead to discovering a new passion or focus we didn't know we had.
- **C**urious - we are curious about how our bodies react to physical activities and how our skills, techniques and strategies can improve our performance.
- **K**ind - we know kindness is at the heart of good sportsmanship and team spirit

In conclusion...We ROCK!