

FITNESS



MOVEMENT SKILLS



LEADERSHIP, LIFE SKILLS, MORALS



HEALTH



ENJOYMENT, CONFIDENCE



# PE CURRICULUM MAP

Students at SJB study PE because it guides & inspires them to maintain optimum health & fitness for the rest of their lives. They will develop physical literacy & experience positive feelings around physical activity, building confidence in their bodies. PE develops a range of life skills including leadership, teamwork & a resilience to physical & mental challenges. For many students, physical education will be a source of great passion & can foster a curiosity in the limits of human health & performance.

