



**ME
in PE**



PHYSICAL ME

Exploring consistency & control whilst focusing on the quality of performance through a variety of activities.



HEALTHY ME

Gain an understanding of the effects of exercise on the body and how this can support general health and well-being. Understand how a varying demand across different activities whilst improving CVF, speed, strength and stamina.



LEADING ME

Focuses on developing and practicing individual's confidence, organisation and communication skills. Enabling individuals to demonstrate confidence to take control of a situation and reflect on the delivery.



THINKING ME

Supporting individuals to be reflective through an evaluation progress and encourages analysis of a situation and/or performance and the performance of one's self and others. Discovering strategies used to improve.



CREATIVE ME

Providing a blank canvas to explore and develop different ideas, tactics & strategies. Allowing an opportunity to modify ideas, before applying them in most appropriate way.