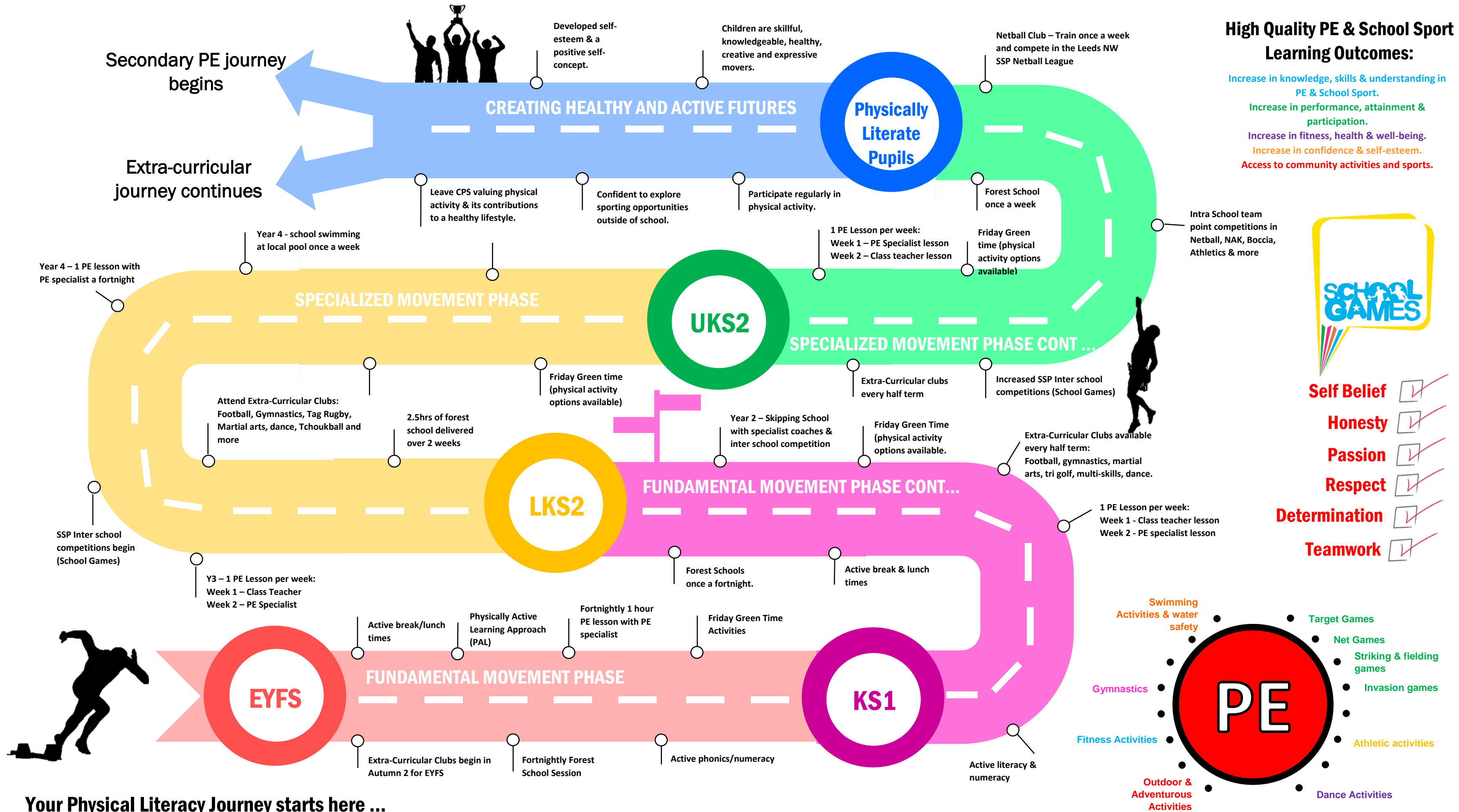


# The Cookridge PE, Physical Activity & School Sport Journey

The movement foundation for lifelong participation in physical activity.



## High Quality PE & School Sport Learning Outcomes:

- Increase in knowledge, skills & understanding in PE & School Sport.
- Increase in performance, attainment & participation.
- Increase in fitness, health & well-being.
- Increase in confidence & self-esteem.
- Access to community activities and sports.



- Self Belief
- Honesty
- Passion
- Respect
- Determination
- Teamwork

Your Physical Literacy Journey starts here ...