



# Physical Education Learning Journey



**LEADERSHIP**  
Develop character traits and skills to achieve your personal best in PE and beyond  
#FIT2LEAD

**PERFORMANCE SKILLS**  
Develop knowledge and skills in a variety of activities  
#FIT2PERFORM

**HEALTHY MIND & BODY**  
Understand how and why to lead a healthy lifestyle  
#FIT4LIFE



The Graham PE departments' aim is to support you academically, socially and personally. We have created a learning environment where you are encouraged to take risks, develop confidence, improve physical literacy and take ownership of your learning regardless of your ability. With every student in mind your PE department offers an exciting curriculum to ignite a passion for life long participation. Throughout each year you will have the opportunity to perform, lead and officiate across a wide range of sports and physical activities. You will also have ample opportunities to take part in a variety of after school clubs and compete in sporting activities with the intention of building character and embedding values of resilience, empathy and respect. We want you ALL to develop a love of learning and a desire to lead a lifelong healthy and active lifestyle!

Follow us on **Instagram**  
@graham\_school\_pe

#FIT2PERFORM #FIT2LEAD #FIT4LIFE