

Importance Of PE

Creating A Better You

- Teaches Self Discipline
- Improves Physical Fitness
- Develops Leadership Qualities
- Improves Academic Performance
- Develop Healthful Social Interactions
- Contributes To A Good Mental Health
- Improves Self-Confidence & Self-Esteem



MAIDEN ERLEGH  
CHILTERN EDGE

KS4 Core PE Curriculum Journey

