What makes a good sports person?

Take part in all areas of P.E. Show a positive attitude to join in every lesson and develop a love of physical activity, that takes place in clubs and outside of school. After School Sports Club	Be organised and ready for PE by having the correct clothing and footwear. 	Be able to take part in a range of activities as individuals, groups and teams. Achieve this by applying skills, being creative, communicating and choosing tactics effectively.
Be able to take part in regular physical activity for at least 60 minutes per day (inside and outside of school). 	The Reginald Mitchell Primary School	Swim at least 25 metres before the end of Year 6 and show an understanding of how to be safe in and around water.
Show an understanding of how to lead a healthy and happy lifestyle through a correct diet, physical activity and the knowledge of how substances can harm us. 	**To broaden opportunities for children to enjoy a range of experiences and promote a healthy lifestyle. This will enable them to achieve personal successes, develop the appropriate skills and confidence to participate in all physical activities.**	Develop knowledge of PE and use the correct language to improve the performance of myself and others. Use your knowledge to be able to lead others in sporting activities.

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