



***"Show me your way, Lord teach me your paths." Psalms (25.4)***

## **PHYSICAL ACTIVITY POLICY (INCLUDING PHYSICAL EDUCATION)**

### **Appendix 1**

#### **Physical Education and School Sport 10 High Quality Outcomes**

1. Learners show **commitment** to PE and school sport.
2. Learners **know** and **understand** what they are trying to achieve.
3. Learners understand that PE and school sport are part of a **healthy, active lifestyle**.
4. Learners have the **confidence** to get involved.
5. Learners have the **skills** and **control** they need.
6. Learners willingly **participate** in a range of activities.
7. Learners **think** about what they are doing and make appropriate decisions.
8. Learners show desire to **improve** and **achieve**.
9. Learners have **stamina, suppleness** and **strength**.
10. Learners **enjoy** PE and school sport.