

Physical Education at Limehurst Academy

Welcome to Limehurst Academy PE. Our main aim in PE at Limehurst is to promote a healthy and active lifestyle to all students. We do this through enjoyable PE lessons that engage students into their learning.

In PE lessons we will look at students':

- practical performance (e.g. skill development, planning strategies and tactics in activities);
- ability to work with others;
- leadership;
- communication.

Through PE, students will develop greater self-awareness (knowledge of strengths and weaknesses) and develop key life/social skills (teamwork; cooperation; communication; discipline). We hope that this help them to become better all round citizens.

In this section you will find links covering areas such as:

- Core PE
- How to make progress in CORE PE
- GCSE PE
- Extra Curricular PE and Sport
- PE Kit
- Leadership in PE

If you require any more information please contact Mr Croucher or any member of the PE team. GCSE PE Information can be found via these links:

[GCSE PE BEFORE SEPT 2016](#)

[GCSE PE AFTER 2016](#)