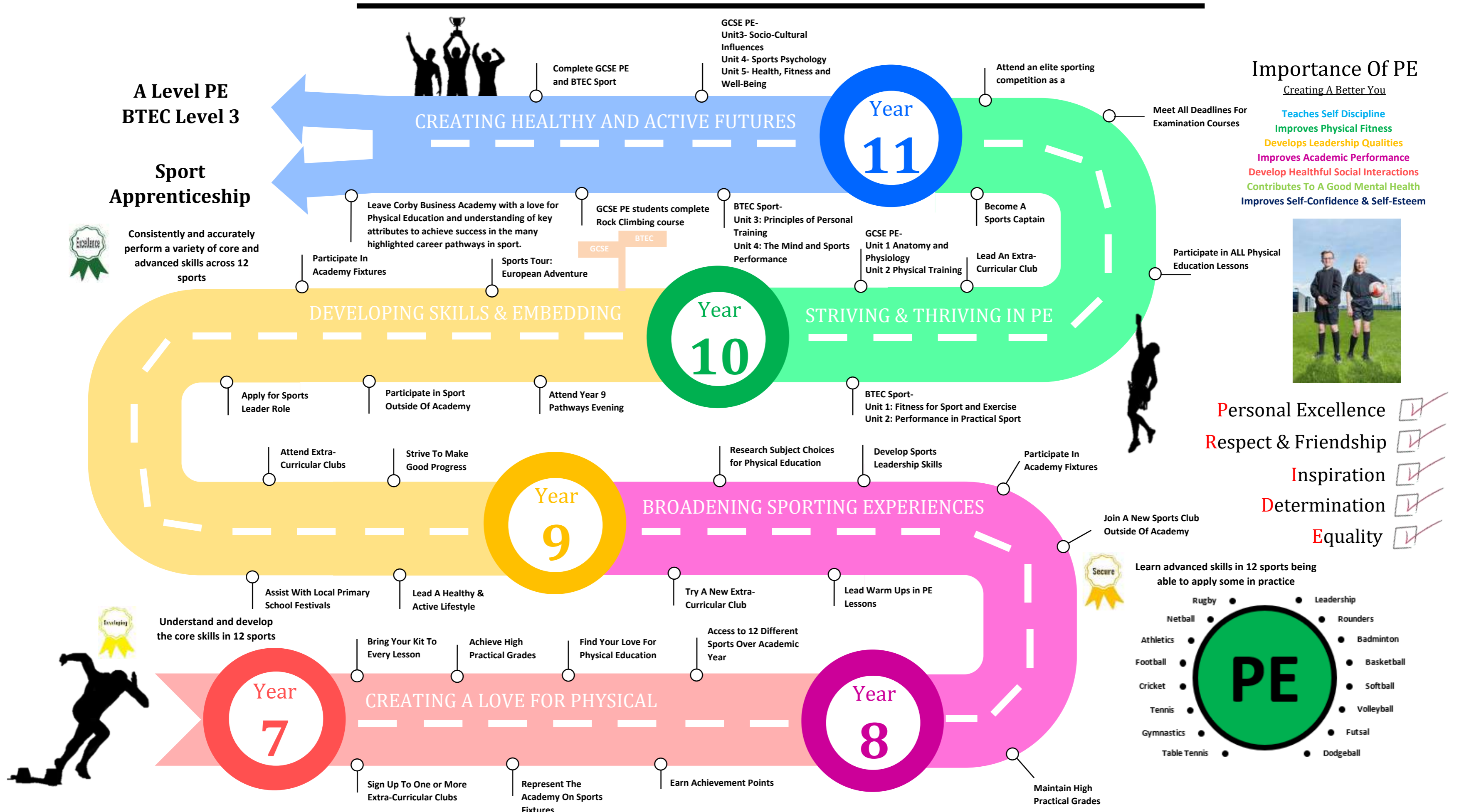


# Corby Physical Education Road Story

## Striving For A Healthy, Active And Successful Future



### Importance Of PE

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



- Personal Excellence
- Respect & Friendship
- Inspiration
- Determination
- Equality

Learn advanced skills in 12 sports being able to apply some in practice

**Secure**

- Rugby
- Netball
- Athletics
- Football
- Cricket
- Tennis
- Gymnastics
- Table Tennis
- Leadership
- Rounders
- Badminton
- Basketball
- Softball
- Volleyball
- Futsal
- Dodgeball

**PE**