

Characteristics of a Sportsperson

A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.

The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.

The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.



The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.

The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.