



PHYSICAL ME

Developing physical literacy and movements of the body

Aimed at pupils who find movement competence challenging and who need to develop their physical skills.



SOCIAL ME

Developing teamwork, cooperation and leadership

Aimed at mainstream pupils to support the development of teamwork, cooperation & leadership.



THINKING ME

Making effective decisions and evaluations

Aimed at pupils who need to develop their cognitive skills & knowledge to identify what they need to do to improve.



PERSONAL ME

Self Control, emotions, behaviours and self esteem

Aimed at pupils who struggle with the motivation and confidence to try new things and who show a lack of self-esteem and resilience.



HEALTHY ME

Choosing healthy behaviours and attitudes

Aimed at pupils who struggle to recognise that physical activity is an important aspect of being healthy and would benefit from the social aspects of sport.