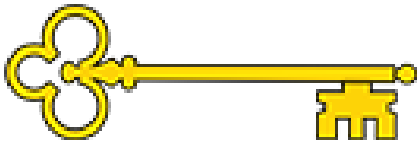




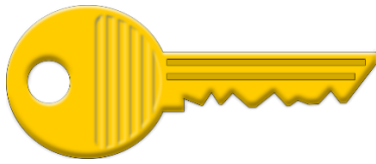
St. Cuthbert's
Roman Catholic High School

Keys to Success

P.E.



Be organised by getting your practical kit prepared the night before you have PE.



Always know what sport you are currently taking part in.



Ensure you have got the correct indoor/outdoor footwear.



Once in the changing rooms, get ready as quickly as you can (this should take less than 5 minutes).



To improve skills further, attend any extra-curricular sports club that interests you.