



## Sports Person

I will be able to:

- Take part in a range of competitive sports confidently.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns
- Participate in outdoor and adventurous challenges both individually and within a team.
- Evaluate and compare performances and demonstrate improvement to achieve my personal best.
- Be able to swim 25metres confidently and know about water safety
- Talk about the importance of keeping fit and eating healthily.