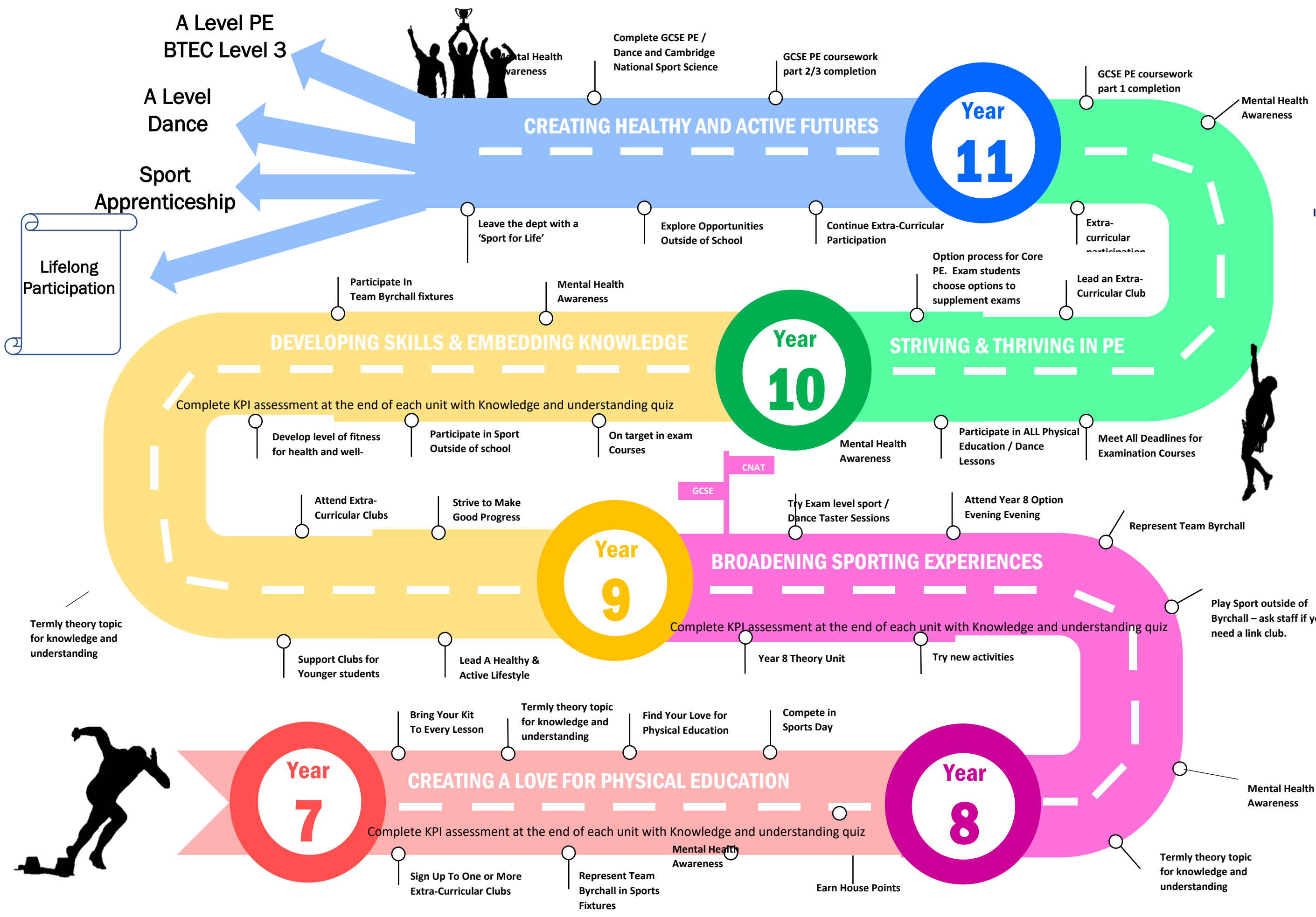




Team Byrchall Physical Education & Dance Journey



Importance of PE

Creating A Better You

- Teaches Self Discipline
- Improves Physical Fitness
- Develops Leadership Qualities
- Improves Academic Performance
- Develop Healthful Social Interactions
- Contributes to Good Mental Health
- Improves Self-Confidence & Self-Esteem



- Leadership ☒
- Organisation ☒
- Resilience ☒
- Initiative ☒
- Communication ☒



Your Physical Education Journey starts here ...