



**P**

## Lifelong Participation

At PHGS we want you to experience and try lots of different activities to help you find one you can continue taking part in for life.



**H**

## Healthy mind and body

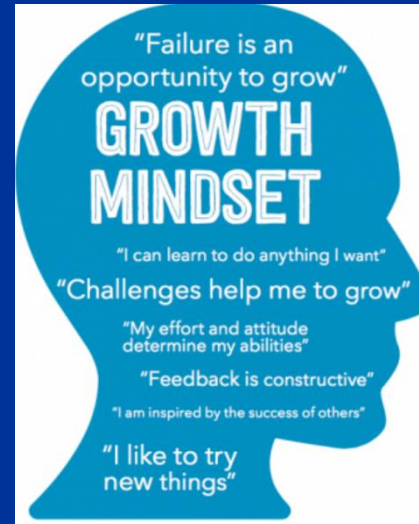
At PHGS we want you to enjoy PE and be able to use physical education lessons to keep your body, as well as mind healthy.



**G**

## Growth Mindset

At PHGS we want you to develop a growth mindset showing resilience, embracing challenges, demonstrating a desire to learn and build on your skills.



**S**

## Skill and Knowledge Development

At PHGS we want you to develop your skills and knowledge from KS3 through to KS4 and KS5 whilst having fun and enjoying PE.

