

# Together we can... **BE ACTIVE:**

## Be confident

- Be physically active for sustained periods of time.
- Try different activities and sports.
- Work independently

## Be excellent

- Improve in different physical activities and sports
- Evaluate and recognise their own success

## Nurture

- Promote teamwork and good sportsmanship.
- Develop a sense of responsibility towards their own and others' safety and well-being.

## Build

- A lifelong love of keeping fit and healthy.
- Develop their knowledge, skills and understanding.



**Be confident**

**Be excellent**

**Nurture**

**Build**

