



St Cuthbert's Catholic First School

What is PE?

Physical Education focuses upon fitness, developing skills, personal health and social skills. Through physical exercise we learn different sports and team games. PE can help both our physical health and mental health.

What jobs would benefit from the knowledge and skills of a PE specialist?



- Athlete
- PE Teacher
- Coach
- Swimming Teacher
- Personal Trainer
- Dancer/ Choreographer
- Sportsman/Sportswoman