



Mark Rutherford School Physical Education Journey

Motivated – Resilient - Successful

Level 3 BTEC Sport

A-Level

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 A Good Mental Health
- Improves Self-Confidence & Self-Esteem



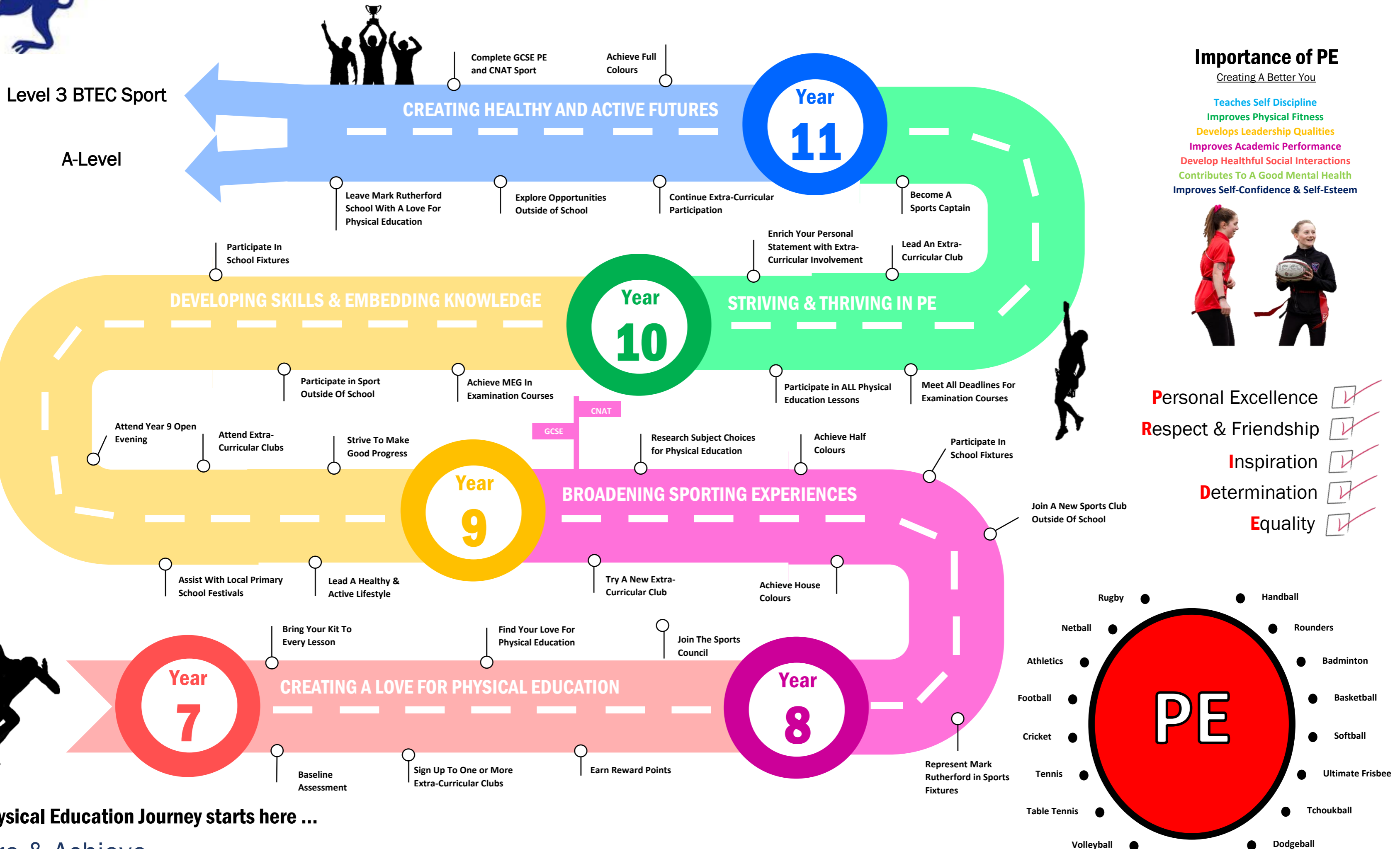
Personal Excellence

Respect & Friendship

Inspiration

Determination

Equality



Your Physical Education Journey starts here ...

Inspire & Achieve