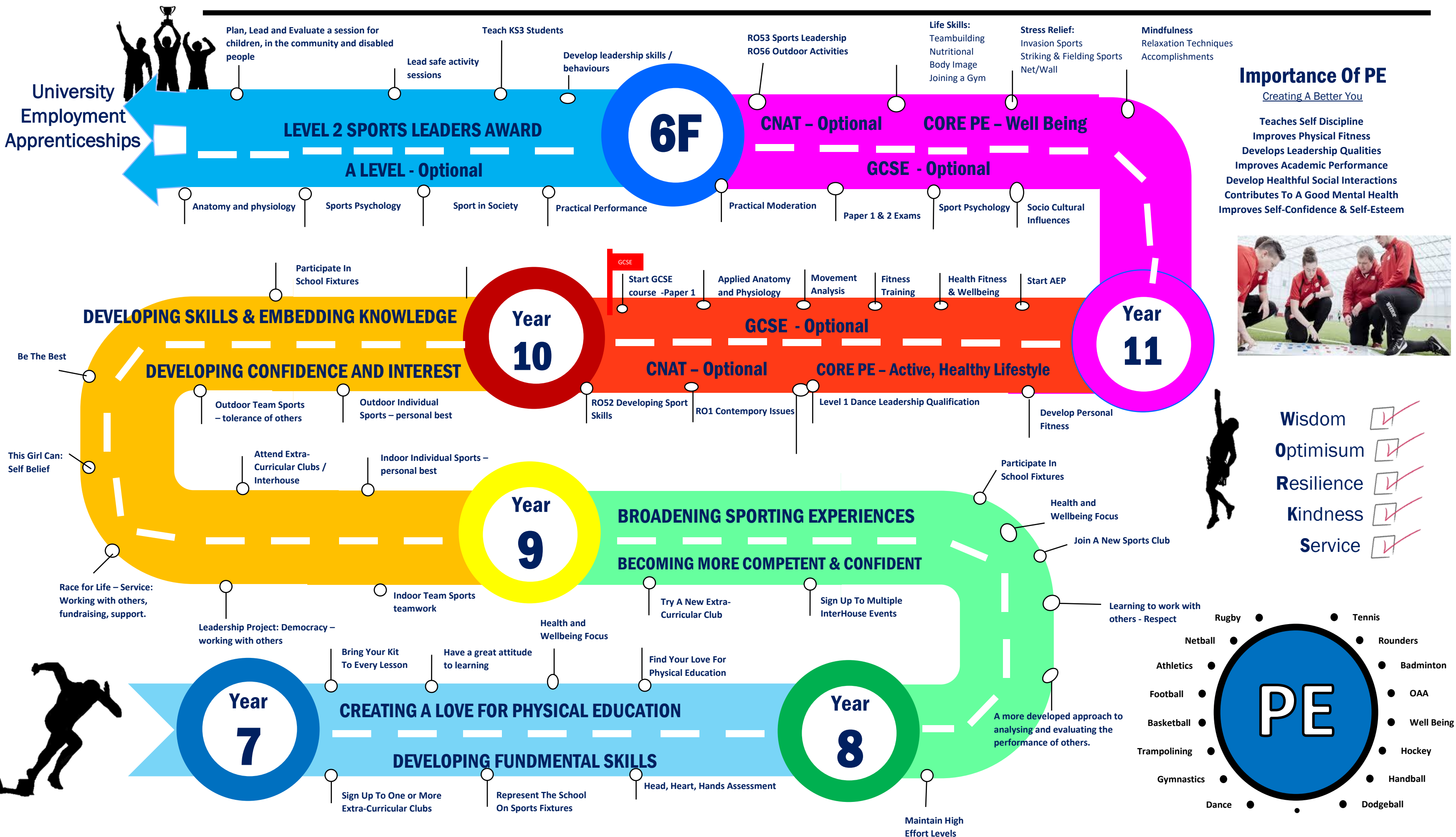




The Minster School PE Journey

DREAM BELIEVE ACHIEVE



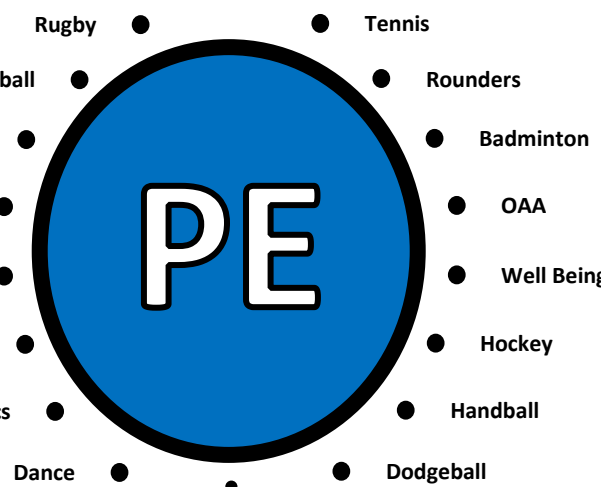
Importance Of PE

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



- Wisdom
- Optimism
- Resilience
- Kindness
- Service



Your Physical Education Journey starts here ...