

### Physical ME



Developing physical skills and movements of the body. Aimed at pupils who need additional support to develop their movement competence and capabilities through appropriate opportunities.

### Social ME



Developing teamwork, cooperation and leadership. Aimed at pupils who find it challenging to connect with group tasks and work with others.

### Thinking ME



Making effective decisions and evaluations. Aimed at pupils who need support to develop their cognitive skills and knowledge to identify what they need to do to improve.

### Healthy ME



Choosing healthy behaviours and attitudes. Aimed at pupils who need support to understand the physical and mental wellbeing benefits of being active. Also, those who are unable to sustain physical activity for a period of time.

### Competitive ME



Competing to achieve personal best. Aimed at pupils who have, or will have, the opportunity to develop, practice and challenge new sport specific skills pre and post event.

**Spirit Of The Games**

**Honesty, Teamwork, Respect, Self - belief, Passion, Determination**