

Active	Children participate in a variety of sports and games and aim to meet the activity time expected (minimum 60 mins a day). This can also link to how being active can have cross-curricular links and movement break opportunities. Joining extra-curricular clubs afterschool.
Ambitious	Children should strive to aim high to either compete in specific sports or to challenge themselves with personal physical goals for now and the future. Extending their passion and skills to compete and join clubs in and out of school. Looking at the children's passions to continue with sport and activity in later life, studying it and/or playing.
Compassionate	Children should show compassion towards all in team games/sports and individual practice. Demonstrating understanding of how they can be a team player and be adaptable. Develop values such as fairness and respect.
Connectors	Being able to partake in activities and games with others in the year group, school, LLT and other schools. Children can also be made aware of the extracurricular opportunities out of school.
Explorers	Opportunities to explore a variety of sports and games. Also opportunities to explore new skills and ideas not previously exposed to. School having the main sports that we all do but then having the opportunity to choose an extra sport that we wouldn't usually do e.g Gaelic football, American football, indoor hockey
Inclusive	Games and sports should continuously be adapted to cater to the children's abilities and needs so that everyone is involved. Having a wide range of club opportunities that are accessible to all.
Independent	Children can show independence when practising certain skills, striving to better their understanding of their abilities and their next steps. Children can independently manage and maintain their own games in and out of PE lessons.
Thinkers	Children will continuously think about the skills at hand and how to put these together when in a game scenario. Children are also thinking about the theory in regards to the importance of health and fitness, warming up and cooling down and a balanced diet to living long healthy lives.