

Co-op Academy North Manchester - Year 7 PE Curriculum

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| How to help at home | <p>Join an extra curricular club or external sports specific club that will coach and develop your child in their chosen sport.</p> <p>Encourage your child to watch various sporting events.</p> <p>Practice physical literacy skills (Physical Literacy can be described as the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity).</p> <p>Go swimming or cycling with your child</p> |
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