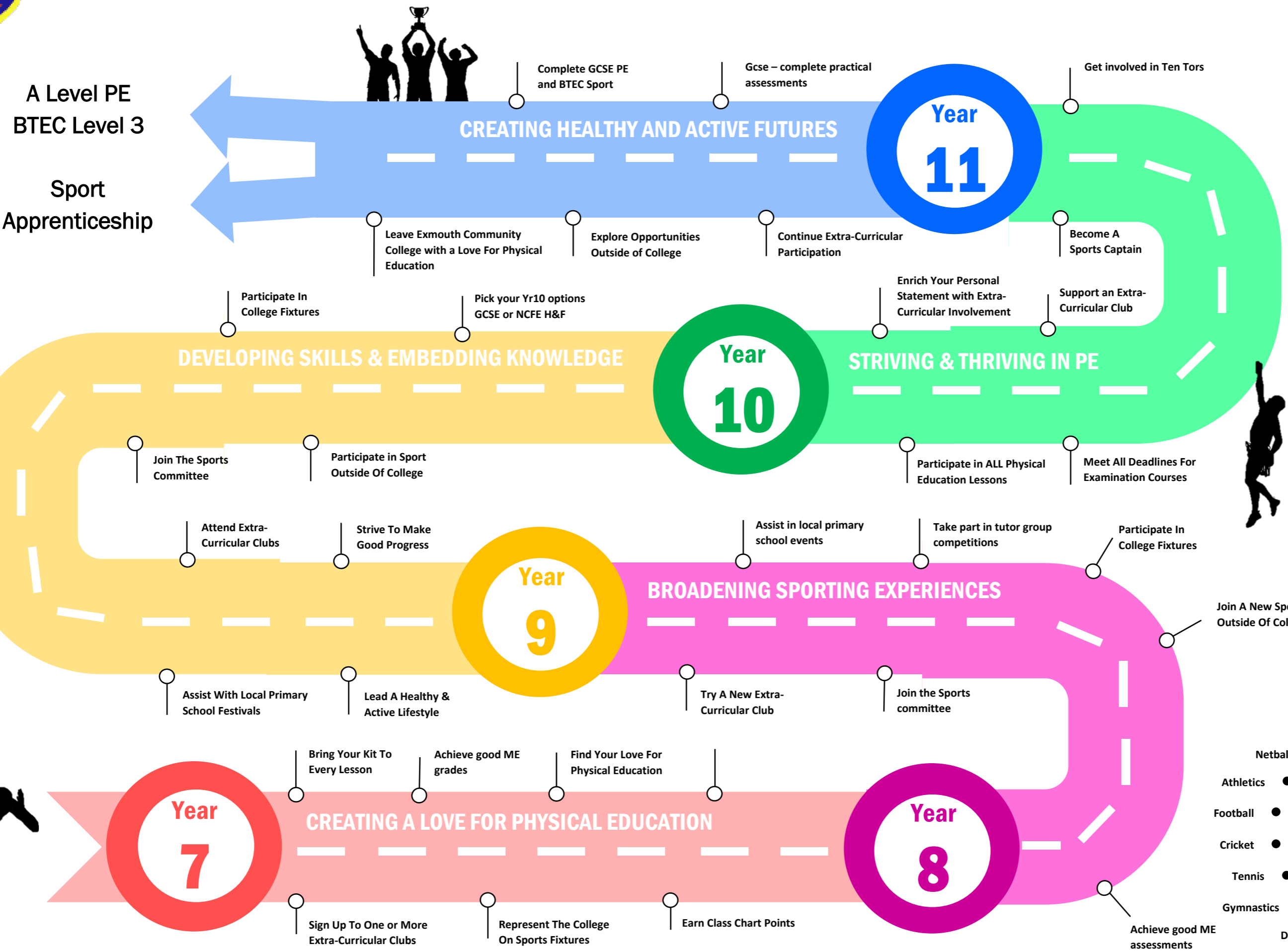




Exmouth Community College Physical Education Journey

Striving For A Healthy, Active And Successful Future

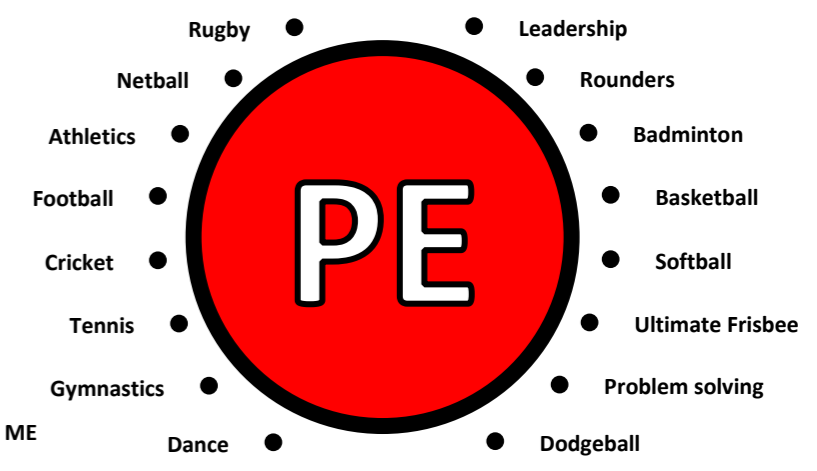


Importance Of PE

- Creating A Better You
- Teaches Self Discipline
- Improves Physical Fitness
- Develops Leadership Qualities
- Improves Academic Performance
- Develop Healthy 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 ...