

5 REASONS TO STUDY PE

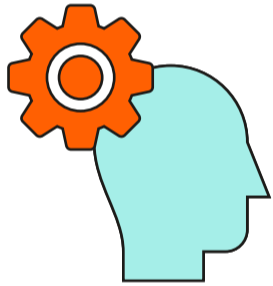
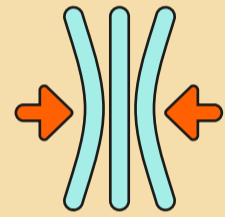


It will make you a better team player

You'll have plenty of practical opportunities to develop your teamworking skills while taking part in sporting activities.

It will make you more resilient

Sport is all about trying, often failing or coming up short, learning, resetting and going again, and this process will make you more resilient.

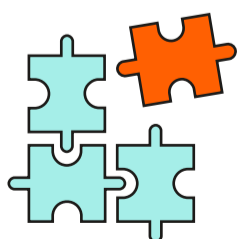


It will give you a greater drive for self-development

That same process that will make you more resilient will also fuel your drive for self-development. Being able to take on feedback and honestly assess your own performance in order to improve is a rare and sought-after skill in many careers.

It will make you a better communicator

You'll need to improve your verbal and non-verbal communication skills in order to work better with your team whether you're training or competing.



It will make you a better problem solver

You'll have to develop tactics and strategies to win matches, and learn to develop training programmes to improve your own and others' performance.