



P.E.



Welcome to the P.E. Solutions. Please follow the links in the Solutions section below to access the resources.

Solutions
<ul style="list-style-type: none">• use the coaching website to help you improve your performance
<ul style="list-style-type: none">• use the top end sports website to help you improve your knowledge and understanding of the rules and regulations
<ul style="list-style-type: none">• use the coaching website to help you improve your leadership skills
<ul style="list-style-type: none">• BBC Bitesize website: Methods and effects of training

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