



## PE



Welcome to the PE Solutions. Please follow the links in the Solution section below to access the resources.

| Solution   |
|--|
| • use the <a href="#">coaching website</a> to help you improve your performance  |
| • use the <a href="#">top end sports website</a> to help you improve your knowledge and understanding of the rules and regulations |
| • use the <a href="#">coaching website</a> to help you improve your leadership skills  |
| • BBC Bitesize website: <a href="#">Methods and effects of training</a>  |

[Return to Year 7 Solutions Homepage](#)