

## PE

Welcome to the PE Therapies. Please follow the links in the Therapy section below to access the resources.

Therapy
• 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 Y8 Therapies Homepage](#)