My P.E Passport





Are you doing 5 hours of physical activity each week?

Name:	

Autumn 1

Physical activity at St	Duration each week	
George's		
P.E Lesson	1 hour	
Swimming	30 minutes	
Golden Mile	30 minutes	
Clubs outside of school	Duration each week	
Ann compatitions fortingle anouting orbital		
Any competitions, festivals, sporting achievements		

Autumn 2

Physical activity at St	Duration each week	
George's		
P.E Lesson	1 hour	
Swimming	30 minutes	
Golden Mile	30 minutes	
Clubs outside of school	Duration each week	
Clubs dutside of school	Duration each week	
Any competitions, festivals, sporting achievements		

Spring 1

Physical activity at St	Duration each week	
George's		
P.E Lesson	1 hour	
Swimming	30 minutes	
Golden Mile	30 minutes	
Clubs outside of school	Duration each week	
Any competitions, festivals, sporting achievements		

Spring 2

Physical activity at St George's	Duration each week
P.E Lesson	1 hour
Swimming	30 minutes
Golden Mile	30 minutes
Clubs outside of school	Duration each week
Any competitions, festivals, sporting achievements	

Summer 1

Physical activity at St	Duration each week	
George's		
P.E Lesson	1 hour	
Swimming	30 minutes	
Golden Mile	30 minutes	
Clubs outside of school	Duration each week	
Clubs outside of school	Duration each week	
Any competitions, festivals, sporting achievements		

Summer 2

Physical activity at St	Duration each week	
George's		
P.E Lesson	1 hour	
Swimming	30 minutes	
Golden Mile	30 minutes	
Clubs outside of school	Duration each week	
Any competitions, festivals, sporting achievements		