

What makes a good sports person at Saint Marie's?

A good sports person:

<p>Develops the correct language to improve the performance of themselves and others.</p>	<p>Promotes a healthy and active lifestyle.</p>	<p>Work collaboratively within a team, communicating effectively</p>
<p>Critically evaluates their own performances and works consistently to achieve their own personal best.</p>		<p>Use their initiative and problem solving skills, develop resilience and overcome personal barriers</p>
<p>Play competitively and cooperatively in a range of sports</p>	<p>Demonstrates flexibility, strength, technique, control and balance in a range of sports.</p>	