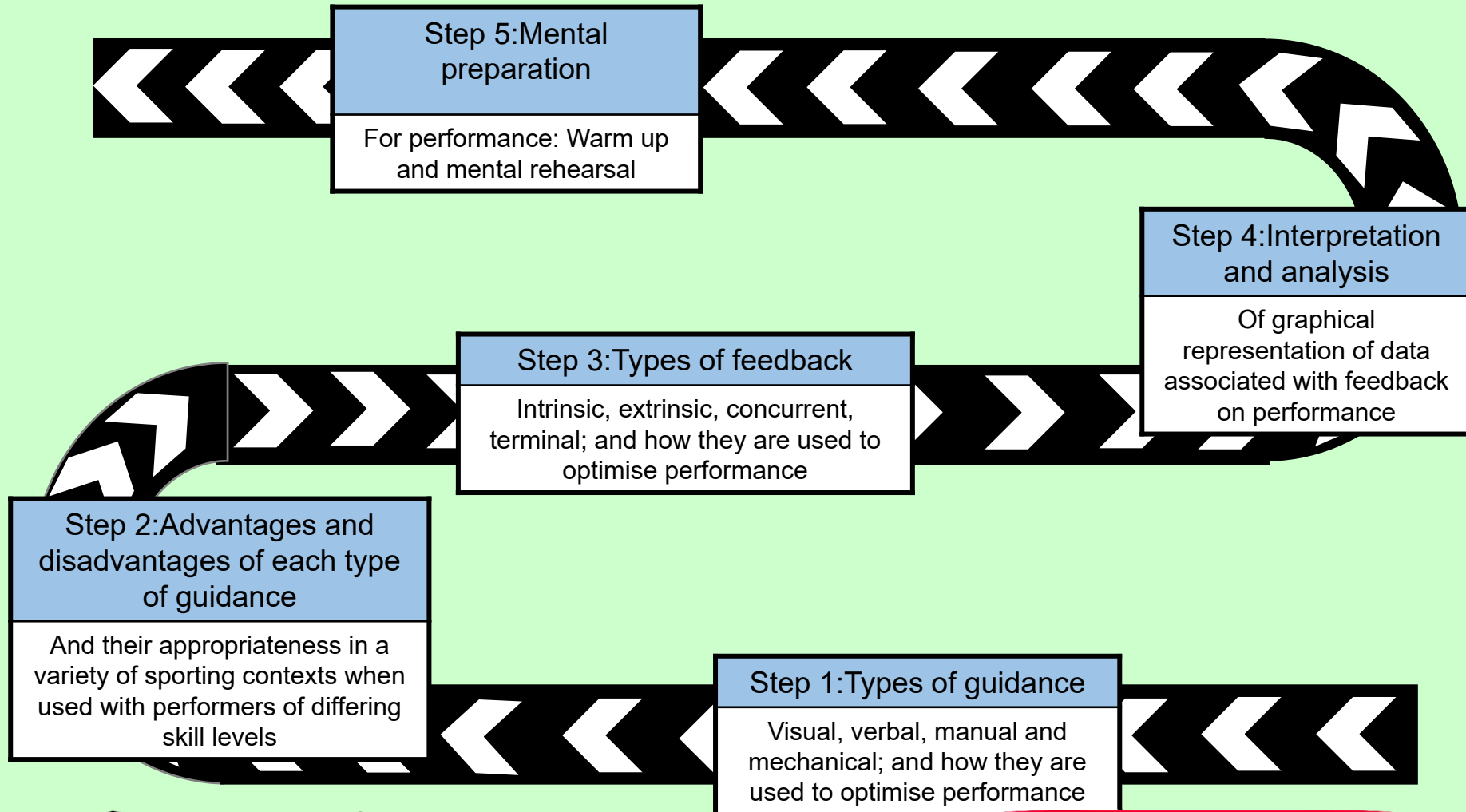


GCSE PE Learning Journey: Component 2 - Health and Well-being

Topic 2: Sport psychology 2.3 Guidance and Feedback

2.2 Mental preparation



 Achievement

 resilience


Community

 PERSEVERANCE

Pride 

SHUTTLEWORTH 

COLLEGE