

# My Personal Best

Through PE



I am learning



## Healthy Me



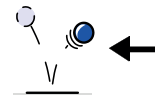
Self-belief



Honesty



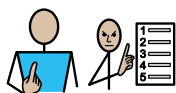
Courage



Resilience



Integrity



Self-discipline



Self-motivation



Responsibility

## Social Me



Gratitude



Empathy



Fairness



Trust



Respect



Communication



Encouragement



Co-operation

## Thinking Me



Curiosity



Imagination



Concentration



Resourcefulness



Reflection



Problem-solving



Evaluation



Decision-making