



PE





What is PE?

PE stands for Physical Education. In PE lessons, we learn how to move our bodies with skill, participate in sport and develop an active and healthy lifestyle.





Why is PE important?

Participate in regular opportunities to be physically active

Compete with others in a healthy way

Build habits for health and fitness

PE lessons can help us to....

Be part of a team and learn how to be a team player

Learn how to play a range of sports

Learn how to deal with winning and losing

Control and move our bodies (e.g. balance)



PE Lessons

In PE lessons, we develop our skills in the following areas:

- Fitness
- Invasion Games
- Dance
- Gymnastics
- Net and Wall Games
- Striking and Fielding
- Target Games
- Athletics
- Orienteering



PE Lessons

How many of these sports can you name?





Physical Education

Physical Education is about more than just our PE lessons. It is about developing an active and healthy lifestyle.



Walking to school



Staying active throughout the school day



Extra-curricular clubs



Active Lifestyles

Research has shown the following benefits of an active lifestyle:

Healthier
bodies

Sleep better

Improved
wellbeing

Improved
concentration

Better self-
esteem

More energy



Our PE Leaders is..

Miss Perry