

# What is PE?

“Sports can help you find your confidence and you may find something that you really enjoy.” Y6



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“A chance in school to learn different sports”

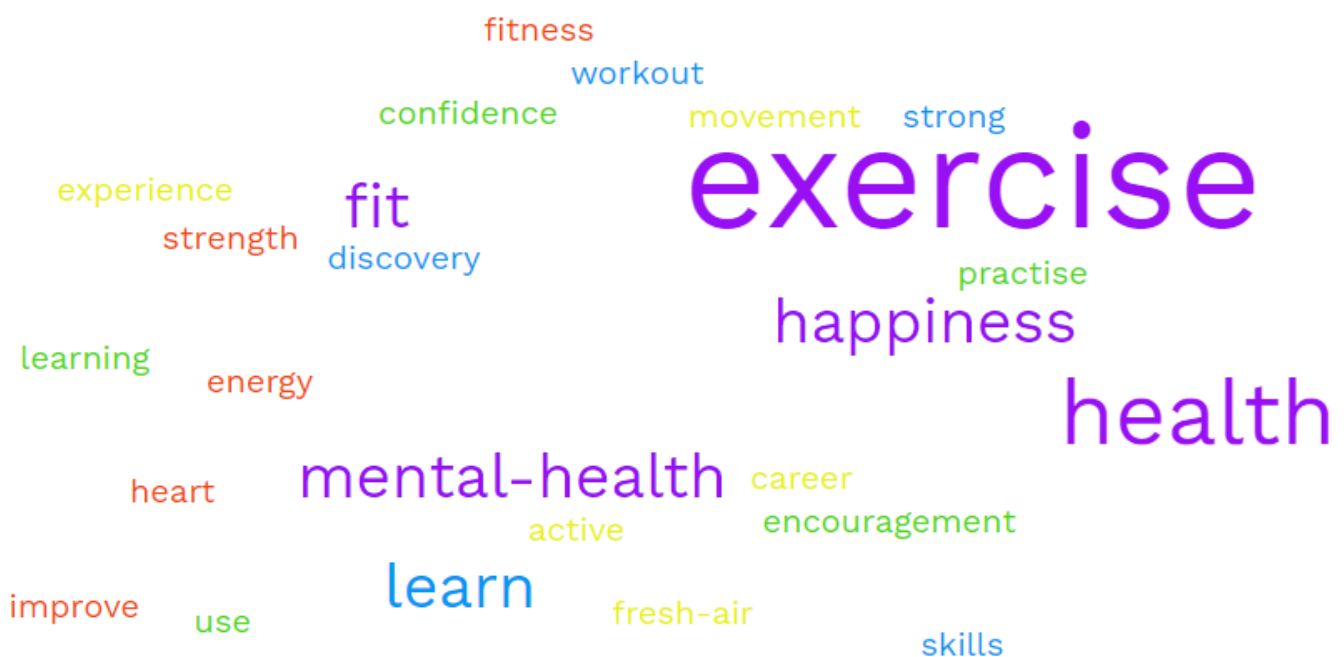
“A way to get your daily exercise”

“A way to guarantee your body stays fit and healthy” Y5

“Sports are a great way to express yourself and find something that you’re really good at and if you don’t try you never know if you will like it or not.” Y6

# Why is PE important?

“I think sport is great because it is healthy for you mentally and physically. It is a good way to make new friends and be competitive if you like that as well.” Y6



“A way to build up good sportsmanship and teamwork”

“Contains skills, creativity and tactics”

“It makes you strong” Y1

“Your heart beats faster”Y1

“It can help you improve your sports.”