PE – Non Participants worksheets.

1. List below the reasons why it may be important to exercise.
2. How can exercise improve your physical and mental health?
3. What are the social benefits of playing sport?
4. Use the space below to create a poster that lists all the benefits of doing physical activity.
5. Create a game using your own imagination. You can use different sports you have played and use different elements of these to create your own.

When creating your game you must list:

* The name of the game.
* Rules.
* How you win.
* What equipment you would use.
* Diagram of what the game looks like.
* How can you make you game more difficult or easier.

1. Think of a sport you have played, list as many rules that you can remember as possible independently. If you are struggling, please research the rules of the sport.