

Hello, our names are Kaitlyn and James we are from St Edmunds Catholic Primary School. This is our speech about describing the positive effects P.E. and school sports have had on us and our friends.

The areas we are going to discuss are: Health and wellbeing, positive character building, problem solving skills, relationships and our own inspirations.

At St. Edmund's our PE and school sport is always fast paced, energetic and challenging. Having a specialist coach gives us confidence to try new sports and techniques. It is important to keep PE fast-paced and energetic so you will be able to see your own fitness progress as well as other people's. It also develops your self-esteem as you gain confidence and feel good about yourself during school sports.

P.E. and school sport has a huge effect on developing a positive character. You will gain the confidence from your friends as you are constantly improving and getting positive feedback from coaches. PE and school sport encourages a number of good qualities such as: honesty, respect, evaluation and reflecting, resilience, empathy and responsibility. All of these are built upon during P.E. and school sport to really help us build our own individual characters.

During PE and school sport we learn a wide variety of tactics for a number of sports. These problem solving skills help us, our friends and our teams do well in a game or sport situation.

P.E. stands for physical education. Our physical skills have been very much improved because of all the expert coaches who have really helped us to understand and apply new sports. We highly rate the importance of having the experts because they give more detail and spend more time explaining and demonstrating the correct ways.

School sport encourages you to play fairly, respect each other and think about how other people feel. This makes the teamwork and relationships much stronger. The coaches develop these skills by having a very positive attitude that makes us want to learn and take part. The coaches always celebrate a success no matter how small.

Many of the children in our class have been inspired to get more physically active out of school due to the positive experiences they have had in school. This is because they have joined a local team due to the high level of enjoyment during PE lessons. They have applied the character traits in other parts of life not just sports, and finally they understand just how important school sport and P.E. is to a child of our age.

Thank you for listening to our speech.