

# Why Is PE Important?

Make a note of up to three of your favourite activities or sports that you have done in PE and explain why they are your favourites.

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What are the benefits of taking part in PE? Think of the potential social benefits as well as those relating to health.

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Why do you think some people avoid taking part in PE?

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P.E.

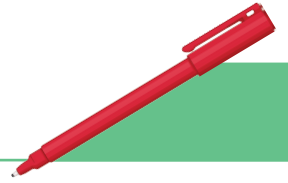
visit [twinkl.com](https://www.twinkl.com)



Imagine you are the head of PE at your school. Write a letter that you would send out to all parents highlighting why PE is important and encouraging them to ensure their child participates as often as possible.

OR

Design a poster to display in your school to promote the importance of PE.



A large, empty rectangular box with a green border, intended for writing a letter or designing a poster.

