



# PHYSICAL EDUCATION & PHYSICAL ACTIVITY

SOUTH HIENDLEY PRIMARY SCHOOL

## OUR PE TEAM

- Mrs Edwards leads PE
- Coach Hegarty is our Sports Coach
- Mr Garrick is our PE Governor
- Your teachers!



## WHAT IS PHYSICAL EDUCATION?

- Education through being physical.
- It can include competitive sport and physically-demanding activities.
- Learning to move
- Moving to learn!

## WHAT IS PHYSICAL ACTIVITY?

- Using your body to move and be active.
- It can include any extra movement you do outside of your normal PE lessons
- Break times/home activities/ in class activities

# THE BENEFITS OF PHYSICAL ACTIVITY

What difference can Physical Activity make to your health and well-being?

- Improved concentration in all subjects
- Become more confident and positive
- Develop stronger social skills
- Have a better outlook on life
- Make informed decisions when leading others
- Develop new skills and knowledge
- Lead a healthier and more active lifestyle
- Create a positive outlook on your physical health

▶ [Video](#)

# WHAT DOES PHYSICAL ACTIVITY @ SOUTH HIENDLEY LOOK LIKE?

- 2 hours of P.E every week
- Opportunity to work with a Sports Coach – Mr Hegarty
- Chance to work with specialists from other schools
- Wide range of activities
- Lots of spaces to play and learn
- Breakfast and Physical Activity Club
- After school clubs including a range of activities



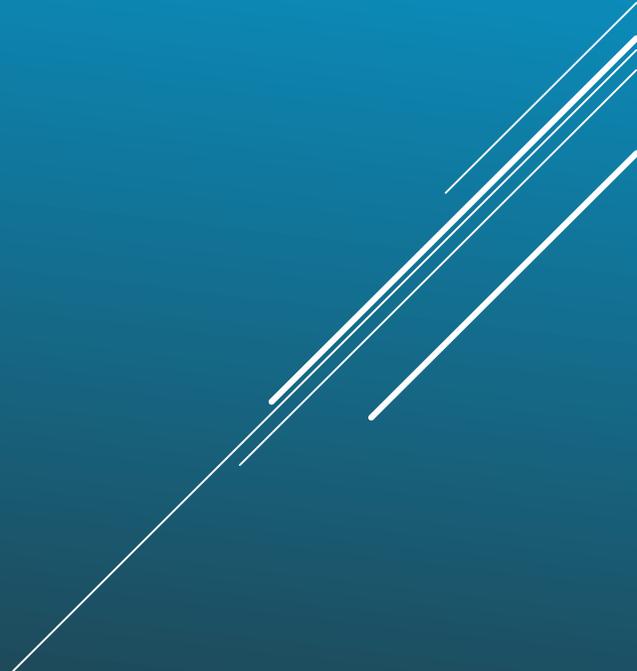
# SPORTS YOU CAN TRY BEFORE YOU LEAVE...



PLUS SO MUCH MORE! ...



# WHAT CAREERS USE SPORT?

- Fitness Instructor
  - Swimming Instructor
  - Lifeguard
  - Football Coach
  - Football manager
  - Dance Instructor
  - Physiotherapist
  - Sports Coach
  - Sports Scientist
  - Yoga Instructor
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# PHYSICALLY ACTIVE JOBS

- Nurse
- Builder
- Mechanic
- Police Officer
- Armed Forces
- Firefighter
- Farmer
- Gardener



# FAMOUS ATHLETES

Lewis Hamilton



Ellie Simmonds



Marcus Rashford



Harry Kane



Dina Asher-Smith



Joe Root



Emma Raducanu



Steph Houghton



How much exercise do we need to do?

At least 30 minutes at school.

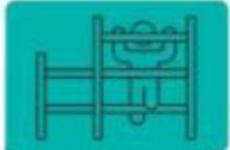
At least 30 minutes at home.

# Be Physically Active

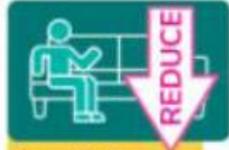
Spread activity throughout the day

aim for an average of at least **60** minutes per day across the week

All activities should make you breathe faster and feel warmer

 Play	 Run/Walk	 Bike	 Active Travel
 Swim	 Skate	 Sport	 PE
 Skip	 Climb	 Workout	 Dance

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

**Get Strong**  **Move More**

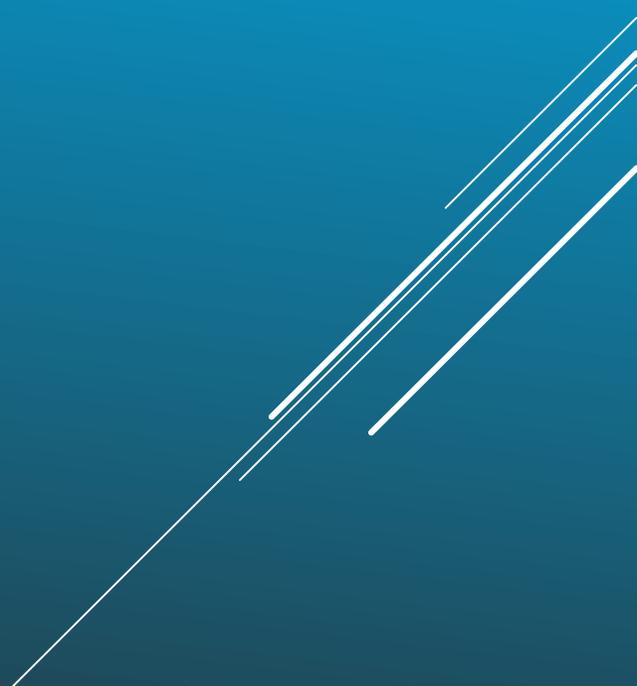
Inactivity

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

“Exercise not only  
changes your body,  
it changes your mind,  
your attitude  
and your mood.”



# MY QUESTIONS TO YOU!

- What more would you like to achieve at South Hiendley?
  - What would you like the chance to try at South Hiendley?
  - What more can we as a school do to stay fit and healthy?
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