



At Home Together Task 2 - PE Lessons

Read the information card with your child.
Finish the task and give it to your teacher.



What is **PE**?

The letters stand for **Physical Education**.

In this lesson we exercise and learn how to keep our bodies healthy.

We learn different skills to play team games and sports with our friends.

During PE you have to look, listen and follow the instructions carefully.

Sometimes we can work on our own, with a partner or in a group for some parts of the lesson.

PE lessons can take place indoors or outside.

Sometimes we may even go to the local swimming pool for swimming lessons with a coach.

We have PE twice a week.

In **primary school** the whole class does PE together but in **high school** boys and girls have separate classes to learn different sporting skills.

Check your timetable or ask your teacher which days you have PE lessons.

My PE lessons are on and

What will I need?

For indoor and outdoor PE:

- ✓ a t shirt
- ✓ a shorts, leggings or jogging bottoms
- ✓ trainers or plimsolls
- ✓

For swimming I will need:

- ✓ swimming costume or trunks
- ✓ towel
- ✓ a plastic bag to put my wet clothing in

whistle		t-shirt	
drawstring bag		jumper	
pair of trainers		shorts	
gym shoes plimsolls		jogging bottoms or leggings	
swimming costume or trunks		goggles + swimming cap	


Name: _____

Date: _____

Homework Task Sheet

- Give this homework to your teacher when you have finished it.
- Talk about the questions.
- Write your answers or draw a picture to show what you think.









Do you like PE? Tick a box

Yes 	It is OK 	No 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Can you explain why?

What games and sport do you like to play?

Can you swim? Tick a box

Yes	Almost	A little bit	No	Can play in water	Fear of water
100% 	50% 		0% 	 	 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you have any questions about PE Lessons?