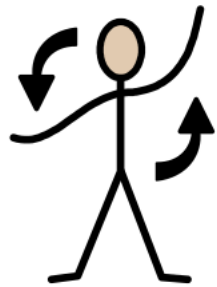


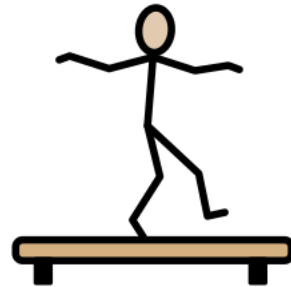
What is PE?

PE lessons develop our physical ability. It helps us to live a healthy life.



master
movement

run
jump
throw
catch



develop
physical literacy

agility
balance
coordination



participate in
games

attack
defend



perform
dances

dance
move
patterns