



Focus on... Physical Education

#268

On this day in...

1973, Liz Ellis was born in Windsor, Australia. She played 122 times for Australia and won the World Championship gold in 1995, 1999 and 2007 and the Commonwealth Games gold in 1998 and 2002.



Did you know...

Taking part in physical activity really improves your ability to think, concentrate and focus. It helps you feel alert and be ready to do well. This image shows you more (credit Cap'n Pete).

Why Physical Education?

- ENCOURAGES PHYSICAL ACTIVITY FOR LIFE
- HELPS PREVENT STICKNESS AND DISEASE
- PROVIDES AN OUTLET FOR CREATIVITY AND SELF-EXPRESSION
- DEVELOPS COOPERATION & TEAMWORK
- Builds Self-Confidence
- PROVIDES OPPORTUNITIES FOR PERSONAL GOAL-SETTING
- INCREASES PERSONAL FITNESS AND MOTOR SKILL DEVELOPMENT
- HELPS REDUCE STRESS & ANXIETY
- STRENGTHENS RELATIONSHIPS WITH OTHERS
- BOOSTS ACADEMIC LEARNING

Go explore...

According to The National Curriculum, all primary pupils should be taught to swim competently, confidently and proficiently over a distance of at least, how far?



Picture this...



Credit: Cameron Spencer

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