

PE in the PYP

Physical Education aims at developing children's lifelong motor vocabulary while helping them to develop cross curricular links, solve problems and make decisions. As educators we encourage children to become physically active and aware of the importance of physical fitness in every day life. We also emphasize the importance of good posture and correct body use by stressing factors such as breathing, pulse-rate, flexibility, strength and stamina.

All of the above-mentioned objectives are achieved through the following units of work:

- Body Control and Spatial Awareness
- Athletics
- Movement to Music
- Games
- Gymnastics
- Health Related Activities

