



How does PE help to develop
the whole person?

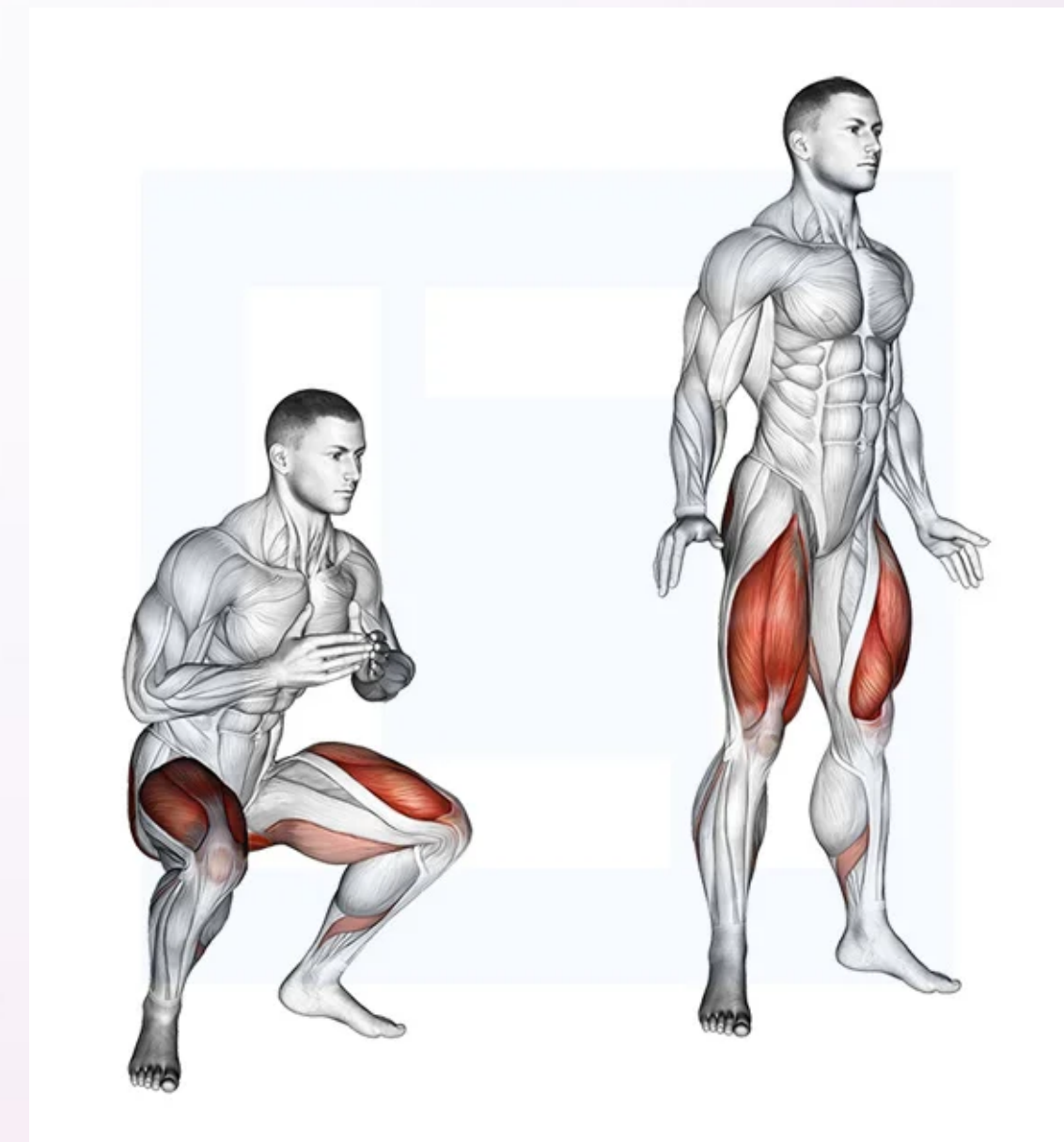


Physical

PE has many physical benefits; the main one is that you get fitter through regular exercise. This helps your heart stay healthy and could even improve your heart rate by making it lower. As your heart gets stronger, it can pump more blood around the body and doing cardiovascular exercise helps to increase your heart strength.

Additionally, exercise during PE lessons helps to build strong muscles. The more we use our muscles (like biceps and quadriceps), the stronger they get, which helps us to be able to do more and more.

In this diagram, you can see how our quadriceps are used in moves like jumping. If we are jumping in PE lessons such as gymnastics or netball, this will help build our muscles, enabling us to jump higher and further.



Mental

PE has been proven to improve not only physical health, but also mental health. The first way it does this is through improving sleep. If you have taken part in a PE lesson throughout the day, you are more likely to be tired at the end of the day; therefore, you will fall asleep more easily and sleep better.

Furthermore, doing exercise helps us to feel more energised. Doing a PE lesson can help us to feel more awake and alert, which then has an impact on our learning. We tested this in our science learning and found that going outside to do exercise before doing something that made us think had positive results.

Doing exercise releases hormones called endorphins in our brains and these are natural stress elevators and mood enhancers. They make us feel good and can alleviate symptoms of anxiety and depression.

This graph shows that people who do daily exercise have wellbeing scores that a 2.25x higher than people who do not exercise.



Social

In addition to the physical and mental benefits, PE is a great opportunity to build social skills – especially when playing team sports.

Playing as part of a team teaches skills such as compromise, communication and leadership. For example, as part of a netball team we need to communicate with each other about where to pass the ball and who is in a space ready to receive it. Additionally, you will often have a team captain to listen to or you might even get the chance to be one. From this, you can experience leading others and making decisions that are best for the team – not just for you! Being in a team will always require some kind of compromise as you have to do what is best for everyone, which might be different from what you want to do. Finally, being part of a team is also fun! You get to play sports with your friends and enjoy spending time with them.

Taking part in PE also enables us to practice the important experience of winning and losing. In life, there will be times we don't achieve something we want or just miss out on winning something. PE lessons (and other events such as Sports Day) mean that we experience this throughout our school life and can learn how to be respectful winners and gracious losers.

