

## ✓ What Is Physical Education (PE)?

**Physical Education** is structured, school-based learning that helps children:

- **Learn to move** (build physical skills)
- **Move to learn** (develop social, cognitive, and emotional skills)

## ✓ Key Features of PE:

- **Educational** – More than activity or sport; it's learning *through* movement
- **Curriculum-based** – Planned lessons with clear outcomes
- **Whole-child development** – Physical skills, knowledge, and values like teamwork & fairness
- **Professionally delivered** – Taught by trained PE teachers and primary school teachers

## ✓ To define physical education clearly:

It's not just about playing — it's about purposeful, structured **learning through movement**.

