



Little Lions

Welcome to PE



My name is Mrs Birch and I will be teaching you PE along with Mr Entwistle. PE stands for physical education. You will learn to move in lots of different ways and learn lots of fun games. You will also get to use lots of exciting PE equipment.

In order to be safe in PE you will have to wear some special clothes called a PE kit. It is really important to practise changing into your PE kit so you become used to changing as much of it as possible by yourself. However, we know it can be tricky to do at first so don't worry as we will help you, and we will teach you how to master the trickier parts.

This is Cookie wearing our school uniform. There are lots of different parts to our uniform so she has made sure her name is clearly written on each item. This helps to stop them getting lost when she changes for PE and makes them easy to find if they do get muddled with somebody else's uniform.



Your PE kit will be kept in a special bag called your PE bag. It is really important you put your name on it to stop it getting lost.



Here are the main items you will need to have in your PE kit. Remember to write your name on each item.



In winter it is also sensible to have a plain woolly hat and gloves so you do not get cold if we go outside.



Here is Cookie showing you what our PE looks like once on:

