



THE IMPORTANCE OF PHYSICAL EDUCATION



PE ACTIVITIES

**improve
cognitive
skills**

PE ACTIVITIES

**help teach life
skills that
promote healthy
lifestyle**

PE ACTIVITIES

**help reduce
heart
disease**

PE ACTIVITIES

**promote
social
skills**



PE ACTIVITIES

**improve
fitness
skills**

PE ACTIVITIES

**help fight
childhood
obesity**

PE ACTIVITIES

**help reduce
stress**

PE ACTIVITIES

**help children
sleep better
at night**

PE ACTIVITIES

**help improve
confidence
and
self-esteem**



PE ACTIVITIES

**develop
motor
skills**