The Importance of Physical Education



Instructions: Take some time to think about and complete the following questions and prompts regarding the importance of physical education.

| List three ways that participating in physical education can benefit your health and well-being. |
|---|
| |
| |
| |
| |
| |
| |
| |
| Describe how regular physical activity can improve your energy levels and overall mood. |
| |
| |
| |
| |
| |
| |
| Physical education often teaches important life skills. List two life skills that you've learned or think you can learn through physical education. |
| |
| |
| |
| |
| |
| |
| |