

name: _____

class: _____

date: _____

Physical Education

Tasks:

1. Write the words in the correct gaps!
2. Scan the QR code to check if everything is correct!
3. Copy the text again in your notebook without any mistakes!



Physical Education, often abbreviated as PE, is an essential part of the school curriculum that focuses on promoting _____ fitness and overall health. It includes a variety of _____, from traditional sports like basketball and soccer to newer fitness trends such as yoga and pilates. The main goal of PE is to teach students the importance of regular _____ and maintaining a healthy lifestyle.

In PE classes, students learn about the fundamentals of different _____, including the rules, techniques, and strategies involved. This not only enhances their physical abilities but also develops skills such as teamwork, leadership, and _____. Additionally, PE provides an opportunity for students to discover new interests and talents in various _____ domains.

Another crucial aspect of PE is learning about _____. This includes understanding the benefits of exercise, the importance of a balanced diet, and the role of physical activity in preventing diseases. Teachers often incorporate lessons on _____, body systems, and mental well-being into the curriculum.

Physical Education also plays a significant role in _____ development. It provides a platform for students to interact with their peers in a non-academic setting, fostering friendships and social skills. Furthermore, PE promotes the development of _____ and self-esteem, as students achieve personal goals and improve their fitness levels.

For many _____, PE is a welcome break from the more academic subjects. It offers a chance to _____ their bodies and minds, which can improve concentration and academic performance in other subjects. Moreover, the _____ and habits developed in PE classes often stay with students throughout their _____, influencing their future health and lifestyle choices.

skills	athletic	students	health	energize	physical	sports	activities
social	nutrition	fair play	confidence	exercise	lives		