

## PE is Powerful Education

The purpose of this speech is to convince the Government, teachers, parents and children that more time should be allocated to PE lessons in Primary Schools. I feel that just there is not enough time in school lessons for children to develop their fitness and to understand the importance of healthy lifestyles.

Firstly, children can take quite a while to change into their PE kits. This affects the lesson time that they have moving their bodies. If there were more time to change, then they would have more time to learn how to warm up properly before exercise. It is also likely that they would be able to use more equipment, as they would have more time to get this out.

Don't you agree that children should have the opportunity to explore a range of sports and exercises? With more PE time, they would be able to try out activities that they may not have before and perhaps even develop a love for it. In fact, an Ultimate Frisbee champion could be waiting for the chance to show off their skills in their next PE lesson!

Children also need to know about how to stay healthy. For example, lots of children think that to be healthy you just need to stop eating sweets however that simply isn't true! It is a scientific fact that exercise helps our bodies stay fit but also keeps our minds healthy too. For instance, I go to the gym after school to help me to stop thinking about all of the things that I need to do, and relax before I finally go home.

I think you'll agree that there are many reasons to support the fact that there should be more PE lesson time in Primary Schools. I truly believe that it will enable children to have new experiences and to support them with a healthy lifestyle for the rest of their lives. By acting now, we can change children's lives for the better forever!