



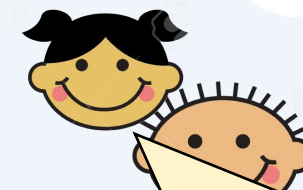
It helps your muscles and brain grow strong and it helps you feel energised.

Children were asked why it is important to be physically active. We discussed what being physically active means and how often we should be active each day. The children were aware of the importance of having 60 active minutes each day.

### How could we improve?

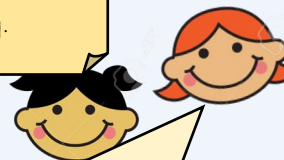
Children were asked how we could improve PE at Larkspur and what they would change about PE if they could.

I would like more after school clubs running because I can't go to the club on a Friday. To make PE better, I would like to be working with people who are the same ability as I am.

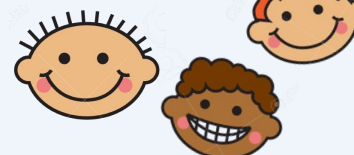


I always feel safe during PE. We get rules to follow and the start of the lesson and training on how to use the equipment safely.

### Why is it important to be physically active?



We have been working on passing, shooting and dribbling. We use the same skills in different sports so we can build on them when we move onto a new sport.



### Do you feel safe during PE?



I really enjoy football and swimming. The lessons are always made fun and we do lots of different sports.

### Do you enjoy PE?

What skills have you been developing recently?  
How do you build on your skills?

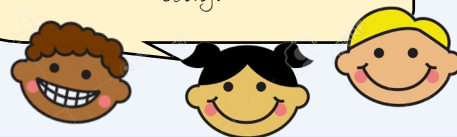
### After school clubs

What after school clubs would you like to see at Larkspur?

- Football
- Dodgeball
- Tennis
- Boccia
- Baseball

### What is PE?

PE stands for physical education. I think PE is fun exercise that can help strengthen your mind and body.



Children discussed whether they enjoyed PE and what they particularly enjoyed about PE at Larkspur.

## PE Curriculum Discussions

### Pupil Voice Y4

### Spring Term 2023

# Larkspur Community Primary School

Growing Towards Tomorrow

