

Changing for PE

Two parts: before and after. Tick off one step at a time.



Before PE before the lesson starts

1



Take off clothes

☐

2



Hang up clothes

☐

3



Put on PE kit

☐

4



Put on shoes

☐

After PE when the lesson is over

1



Shower

☐

2



Dry off

☐

3



Get dressed

☐

4



Pack the bag

☐

The same order every time often makes it easier.