

PHYSICAL EDUCATION

EARLY LEARNING AND CHILDCARE/
SCHOOL & HOME PARTNERSHIP

What can you do to support your child's learning?



Share their successes

Ask your child what they are learning



Be a role model

Include physical activity in your daily routine



Organisation

Remind your child about PE kit on PE days



What does PE look like in the 21st century?

Ask a member of staff about your child's learning and how you can reinforce that learning at home



Make time...

to enjoy activities with your child. Encourage other family members and friends to join in



Be positive

Speak to your child about the benefits of PE



Link PE to life

Help your child understand how PE can contribute to a healthy lifestyle



Challenge stereotypes

Encourage your child to try a range of activities. PE promotes equality of opportunity across genders in all physical activities and sports



What your child learns in PHYSICAL EDUCATION

- problem solving
- focus & concentration
- decision making
- creativity

COGNITIVE SKILLS

PHYSICAL COMPETENCIES

- kinaesthetic awareness
- balance & control
- coordination & fluency
- rhythm & timing
- gross & fine motor skills

Your child will develop these competencies, skills and qualities to give them the confidence to participate in physical activity and sport

- motivation
- confidence & self esteem
- determination & resilience
- responsibility & leadership
- respect & tolerance
- communication

PERSONAL QUALITIES

PHYSICAL FITNESS

- stamina
- speed
- core stability & strength
- flexibility



Research shows that being physically active can raise attainment!

PE can positively contribute to your child's mental, emotional, social and physical wellbeing



ENTITLEMENTS

Taught within timetabled classes



Physical Education

- 2 hours/periods per week
- Taught by a qualified teacher
- Planned and progressive learning experiences

Experienced outwith the timetabled classes



Contribution of Physical Activity

- At least 1 hour physical activity per day
- Teachers, active schools, coaches
- Before and after school or during breaks and lunchtime

Physical Education and Physical Activity

Did you know PHYSICAL EDUCATION CAN...



...build confidence and social skills



...build a foundation to a healthy lifestyle



...boost brain function and learning



...improve motor skills and coordination



...help to prevent illness and disease in later life



...provide opportunities for creativity



...develop skills for life and work



...strengthen muscles and bones

A Physically Educated Person...

...is physically fit

...has learned how to move well allowing them to take part in any physical activity/sport

...continues to participate in physical activity/sport throughout life

...values the contribution towards a healthy lifestyle

...knows how physical education, physical activity and sport can contribute to health

...experiences the joy of moving and loves being physically active