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



Link PE to life Help your child understand how PE



Be positive

Speak to your child about the benefits of PE



can contribute to a healthy lifestyle

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

Challenge stereotypes



What your child learns in **PHYSICAL EDUCATION**

Your child will develop these

- problem solving
- focus & concentration
- decision making creativity

motivation

· confidence & self esteem

determination & resilience

responsibility & leadership

respect & tolerance

communication

COGNITIVE SKILLS

PHYSICAL COMPETENCIES

competencies, skills and qualities to give them the confidence to participate in physical activity and sport

PHYSICAL FITNESS

balance & control

kinaesthetic awareness

- coordination & fluency
- rhythm & timing gross & fine motor skills
- **PERSONAL**
- **QUALITIES**

- stamina speed
- · core stability & strength
- flexibility



Research shows that being

physically active can raise

social and physical wellbeing

PE can positively contribute to

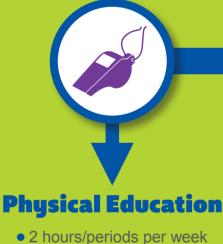
your child's mental, emotional,



ENTITLEMENTS

Taught within

timetabled classes



Taught by a qualified teacher Planned and progressive

- learning experiences

Physical Education Physical Activity

Experienced outwith the timetabled classes

At least 1 hour physical activity per day Teachers, active schools, coaches

 Before and after school or during breaks and lunchtime

Contribution of

Physical Activity

Did you know

PHYSICAL EDUCATION CAN...



later life















...has learned how ...continues to move well

A Physically Educated Person... ~

...values the

contribution

towards a healthy

lifestyle

...is physically fit

allowing them to take part in any physical activity/sport

...knows how physical education,

physical activity

and sport can

contribute

to health

to participate in physical activity/sport throughout life

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

Education

Scotland

Foghlam Alba

