

## Parents/Carers:

### How can I support my child to enjoy participating in Physical Education and get the most from their learning?

- ◀ Find out from your school which days your child has regular PE.
- ◀ Ensure your child is prepared with appropriate clothing for indoor and outdoor activities, taking account of the Scottish weather and the fact that they may have to change clothes. Cold children will not learn! Also make sure that on our rare hot days that they have a hat and sunscreen.
- ◀ Encourage your child to take part, try hard and persevere in more challenging tasks in PE.
- ◀ Talk to your child about the importance of working together, respect and handling competition well, so that they understand we are all working together to learn in PE.
- ◀ Find out about the school policy if your child is unable to take part in PE due to injury or illness.
- ◀ You can contribute to your child's health and wellbeing by encouraging your child to be active out of school and finding out about clubs and after school activities from the Active school co-ordinator



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Produced in conjunction with West Lothian Council and Perth and Kinross Council



## Physical Education Information for Pupils and Parents in Primary Schools



## Physical Education is now delivered as part of Health and Wellbeing within the Curriculum for Excellence.

High Quality Physical Education (PE) is essential for improving and maintaining the health and wellbeing of all pupils.

### PE should:

- ◀ teach pupils how to move well and be active
- ◀ challenge and motivate pupils and help them build resilience
- ◀ offer a variety of experiences in learning in physical education
- ◀ build and develop pupils' skills and knowledge as part of lifelong learning.

East Lothian Council is committed to providing all pupils in primary schools with 2 hours of high quality physical education.

## Activities

Activities delivered within PE may vary from school to school but your child should be able to experience the following type of activities as they progress through their primary school:

- ◀ Early Moves - Nursery - P1
- ◀ A basic movement programme where pupils learn how to move well - P1 - P3
- ◀ Outdoor activities
- ◀ Team games and team building skills
- ◀ Gymnastics
- ◀ Social dance and a variety of dance styles
- ◀ Athletics
- ◀ Fitness and health enhancing activities
- ◀ Cross-country and orienteering
- ◀ Golf
- ◀ Swimming



## Pupils' questions

**How much time in PE will I have each week?** You should have 2 hours of physical education each week within class time.

**Who will teach my PE lessons?** For most pupils a specialist PE teacher will prepare and teach you a lesson each week and your class teacher will deliver another one or two lessons. Sometimes it is your class teacher who will teach all of your PE lessons. Occasionally a specialist coach will deliver some activities along with the class teacher.

**Where will PE take place?** Lessons will take place indoors and also outdoors throughout the year. Some lessons will also take place at other venues such as community halls and sports centres/Swimming Pools.

**What do I need to wear?** For indoor activities pupils should wear shorts, plain t-shirts and gym shoes or clean training shoes. For gymnastics and dance pupils can be in bare feet or gym shoes. Some schools have specialist PE uniforms.

*For outdoor activities pupils should also wear a tracksuit or jogging bottoms and sweatshirt, extra socks and outdoor trainers. Rain jackets, hats and gloves should be worn when appropriate. It is important that you are ready to take part and also that you have a change of clothes and a bag to put wet gear in, so that you are comfortable for the rest of the day.*