

Parents/Carers: How can I support my child to participate enthusiastically in Physical Education?

- 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 weather and establishment guidance;
- You should encourage your child to take part, work hard and persevere in more challenging tasks in PE;
- You can contribute to your child's health and well-being by encouraging your child to be active out of school.

If your child is unable to take part in PE due to injury or illness, a note should be given to the class teacher stating the reason and how long they will be unable to take part in PE. However, it is the expectation that all children will participate in a modified form of PE that would be appropriate to their needs.



Active Schools

Active Schools is aimed at encouraging more children to become and stay active. Each school has an Active Schools Co-ordinator who works closely with partner agencies to:

- increase the number of children participating in physically active lifestyles on a daily basis;
- improve the links between schools, clubs and the wide community;
- develop and promote additional extra-curricular activities;
- deliver a quality learning development programme to support school staff, volunteers and coaches;
- work with other agencies to provide an integrated pathway from school sport to the community.

Useful Websites

- www.sportscotland.org.uk
www.healthscotland.com
www.scotland.gov.uk
www.educationscotland.gov.uk



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Curriculum for Excellence

Health and Wellbeing

Physical Education

A Guide for Parents and Carers

Physical Education is being delivered as part of Health and Wellbeing within the Curriculum for Excellence

www.educationscotland.gov.uk

Physical Education (PE) is essential for improving the health and wellbeing of all pupils. PE should:

- teach pupils how to be active;
- challenge and motivate pupils;
- offer a variety of experiences in physical activities;
- develop pupils' skills and knowledge to be active for life.

South Lanarkshire Council is committed to providing all pupils in primary schools with two hours of quality PE.

Activities delivered within PE may vary but children and young people should be able to experience the following activities as they progress through our school:

- outdoor activities
- team games and team building skills
- gymnastics
- indoor and outdoor games
- social and creative dance
- athletics
- fitness and health enhancing activities
- cross-country
- orienteering
- swimming
- golf

Health and Safety in Physical Education

- Pupils will be made aware of the risks to themselves and to others while taking part in various activities;
- Pupils should adhere to health and safety advice;
- Staff will be responsible for pupils when taking part in physical education.

Additionally pupils are asked to:

- follow individual establishment procedures and guidelines relating to Health and Safety in PE.

Frequently asked Questions

How much PE will I get each week?

You will get at least two hours of PE each week within class time.

Who will deliver my PE lessons?

A designated member off staff will prepare and teach your lessons. Occasionally, a specialist coach will deliver some activities along with the class teacher.

Where will PE take place?

Lessons will take place indoors or outdoors. Some lessons will also take place at other venues such as community halls, sports centres or swimming pools.

What do I need to wear?

Each establishment will have details of appropriate clothing.

