



Calderwood Primary School Physical Education



Dear Parents/Carers,

Being active and healthy is very important to us at Calderwood, and we are committed to ensuring that our children have 2 hours of quality physical education per week, in line with Scottish Government guidelines. In order to achieve this, each class will continue to have two sessions of PE per week; one indoor and one outdoor. We will endeavour to deliver outdoor PE during light inclement weather, however, during periods of torrential rain, wind, snow or ice, classes will have an indoor alternative e.g. Go Noodle, Jump Start Jonny, Cosmic Yoga etc.

Please see the table below for your child's PE days.

	Indoor PE	Outdoor PE
Monday	Rooms 3, 4, 7	Rooms 1, 8, 12, 13
Tuesday	Rooms 5, 6, 11	Rooms 2, 9
Wednesday	Rooms 1, 2, 15	Rooms 3, 4, 11
Thursday	Rooms 8, 9, 12	Rooms 10, 14, 15
Friday	Rooms 10, 13, 14	Rooms 5, 6, 7

The health and safety of our children is extremely important during PE lessons. We would ask that children remove all jewellery (including watches and earrings) on days that they have PE. If your child is unable to remove earrings, please provide medical tape to cover the earlobes. If, for any reason, your child is unable to participate in PE, a written note should be given to the teacher providing the reason for this.

As previously stated, on PE days, children can come to school in their PE kit (navy joggers, leggings, school sweatshirts, school hoodies etc.) If your child would prefer, they can also bring their kit with them and change for PE – whichever is most convenient and comfortable.

We thank you for your support.