

Support your child's learning – physical education, physical activity and sport

English version	Gaelic version
Physical education, physical activity and sport	Foghlam corporra, gnìomhachd chorporra agus spòrs
Simple ideas to build physical education, physical activity and sport into everyday routines.	Beachd-smuaintean simplidh gus foghlam corporra, gnìomhachd chorporra agus spòrs a ghabhail a-steach do na gnàth-chùrsaichean làitheil.
Early level	Tràth-Ìre
<i>Note: children in their early years and Primary 1, as well as some older children, will be working at the Early level¹ of Curriculum for Excellence.</i>	<i>Nòta: bidh clann sna tràth-bhliadhnaichean agus Prìomh 1, a thuilleadh air cuid de chloinn nas sine, ag obair aig Tràth-Ìre² a' Churraicealaim airson Sàr-mhathais.</i>
<ul style="list-style-type: none"> Play games with your child, helping them to understand that there are rules that everyone agrees to so that games can be shared and are fun. 	<ul style="list-style-type: none"> Cluichibh geamannan le ur pàiste, gan cuideachadh gu bhith a' tuigsinn gu bheil riaghailtean ann ris a bheil gach neach ag aonrtachadh, gus am faodar geamannan a roinn agus a bhith spòrsail.
<ul style="list-style-type: none"> Encourage your child to play with other children, learning to take turns on the slide or swings. Use other situations to help them understand the need to take turns, for example waiting to get on a bus or get served in a shop. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' cluich le clann eile, ag ionnsachadh turas mu seach a ghabhail air an t-slaighd no air an dreallaig. Cleachdaibh suidheachaidhean eile gus an cuideachadh gu bhith a' tuigsinn gu bheil feum air turas mu seach a ghabhail, mar eisimpleir a' feitheamh ri faighinn air bus no a bhith air a frithealadh ann am bùth.
<ul style="list-style-type: none"> In the supermarket, encourage your child to help you push the trolley safely and collect the shopping items. Look for items that are on shelves or positioned so that your child has to stretch, bend or reach to pick up the items. Talk to your child about how they might use their body to reach these items. For example, 'You will have to go on your tiptoes to reach the red apples' or 'Can you 	<ul style="list-style-type: none"> Sa mhòr-bhùth, broснаichibh ur pàiste gu bhith gur cuideachadh a' putadh na troilidh ann an dòigh shàbhailte agus a' cruinneachadh nan nithean ceannaich. Coimheadaibh airson nithean a tha air na sgeilpichean no air an suidheachadh ann an dòigh 's gum feum ur pàiste sìneadh, lùbadh no ruighinn air na nithean airson an togail. Bruidhnibh ri ur pàiste mu

¹ <http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumlevels/index.asp>

² <http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumlevels/index.asp>

<p>pick the milk carton up with your left/right hand only?'</p>	<p>dheidhinn mar a dh'fhaodadh iad am bodhaig a chleachdadh airson nan nithean sin a ruighinn. Mar eisimpleir, 'Feumaidh tu a dhol air do chorra-biod airson ruighinn air na h-ùbhlan dearga' no 'An urrainn dhut an cartan bainne a thogail le do làimh chli/cheart a-mhàin?'</p>
<ul style="list-style-type: none"> • Make sure your child has the opportunity to play outdoors every day. Talk about which clothes are most appropriate for the weather and help your child to develop a positive attitude towards playing outside whatever the weather. 	<ul style="list-style-type: none"> • Dèanaibh cinnteach gu bheil cothrom aig ur pàiste a bhith a' cluich a-muigh gach latha. Bruidhribh mu dheidhinn an aodaich as freagarraiche airson na sìde, agus cuidichibh ur pàiste gu beachd dearbhach a leasachadh a thaobh a bhith a' cluich a-muigh ge 'r bith dè an seòrsa sìde.
<ul style="list-style-type: none"> • Try to travel to the shops/nursery/childcare/library by foot/scooter/bike rather than car or bus whenever possible. Think about how you can become more active as a family by making small changes. 	<ul style="list-style-type: none"> • Feuchaibh ri siubhal gu na bùithtean/sgoil-àraich/cùram-chloinne/leabharlann air chois/scutair/rothair seach ann an càr no bus, nuair a ghabhas sin a dhèanamh. Smaoinichibh mu dheidhinn mar a dh'fhaodas sibh fàs nas gnìomhaiche mar theaghlach le bhith a' cur atharrachaidhean beaga an gnìomh.
<ul style="list-style-type: none"> • Do some balancing and stretching exercises together. Set a challenge to see who can do the funniest balance on one leg/scrunch up to be the smallest/stretch out to be the tallest. Keep a balloon up in the air together, taking turns to hit it back and forwards using hands, feet or heads. 	<ul style="list-style-type: none"> • Dèanaibh beagan eacarsaichean cothromachaidh is sìnidh còmhla. Suidhichibh dùbhlann a dh'fhaicinn cò as urrainn an cothromachadh as èibhinn a dhèanamh air aon chois/scrunchadh suas gun mheud as lugha/sineadh an-àird gun mheud as àirde. Cumaibh bailiùn suas anns an adhar còmhla, a' gabhail turas mu seach ga bhualadh air ais agus air adhart a' cleachdadh làimhan, casan no ceann.
<ul style="list-style-type: none"> • Set up an obstacle course in the garden/sitting room/hallway. 	<ul style="list-style-type: none"> • Cuiribh suas cùrsa le cnapan-starra sa ghàrradh/seòmair-suidhe/tranrsa.
<ul style="list-style-type: none"> • Have races in the house against each other, balancing cushions on your head or hopping from one room to another without touching certain colours of the carpet or parts of the floor. 	<ul style="list-style-type: none"> • Biodh rèisean agaibh an aghaidh a chèile am broinn an taighe, a' cothromachadh chaiseanan air ur ceann no a' leumnaich air leth-chois bho aon rùm gu rùm eile, gun suathadh ann an dathan sònraichte air a' bhrat-ùrlair no pàirtean den làr.

Primary	Bun-sgoil
First/second level (approximately P2-P7)	Chiad/dàrna ìre (timcheall air P2 –P7)
<ul style="list-style-type: none"> Take your child to the swimming pool and encourage them to experiment with different types of movement, like running in the water, or jumping, or stretching out and floating on the surface. 	<ul style="list-style-type: none"> Thoiribh ur pàiste don amar-snàimh agus broснаichibh iad gu bhith a' feuchainn a-mach diofar sheòrsaichean ghluasadan, mar ruith san uisge, no leum, no sìneadh a-mach agus fleòdradh air uachdar an uisge.
<ul style="list-style-type: none"> Take your child out on their bike – on the way to the park talk to them about road safety, and in the park talk to them about avoiding other park users when cycling. 	<ul style="list-style-type: none"> Thoiribh ur pàiste a-mach air an rothair aca – bruidhnibh riutha air an t-slighe don phàirc mu shàbhailteachd rathaid, agus bruidhnibh riutha anns a' phàirc mu dheidhinn a bhith a' seachnadh luchd-cleachdaidh eile na pàirce nuair a tha iad a' rothaireachd.
<ul style="list-style-type: none"> In the garden, teach your child how to skip with a single rope, and then how to skip with a rope held by other members of the family. 	<ul style="list-style-type: none"> Sa ghàrradh, ionnsaichibh do ur pàiste sgiobaigeadh le aon ròpa agus an uair sin sgiobaigeadh le ròpa air a chumail le buill eile den teaghlach.
<ul style="list-style-type: none"> Encourage your child to learn to juggle with small, soft balls; first with one ball, then with two. 	<ul style="list-style-type: none"> Brosnichibh ur pàiste gu làmh-chleasachd le bàlaichean beaga boga ionnsachadh, an toiseach aon bhàla agus an uair sin a dhà.
<ul style="list-style-type: none"> In the garden have an 'Olympic/Commonwealth Games' competition with your child, featuring different events like long jump, high jump, sprinting or the marathon race. 	<ul style="list-style-type: none"> Sa ghàrradh, biodh farpais 'Geamannan Oilimpigeach/a' Cho-fhlaitheis' agaibh le ur pàiste, a' nochdadh diofar thachartasan mar an leum fhada, an leum àrd, deann-ruith no rèis maraton.
<ul style="list-style-type: none"> Playing in the house, teach your child to 'hula-hoop' and count the number of rotations that they (or you) can do. 	<ul style="list-style-type: none"> A' cluiche am broinn an taighe, ionnsaichibh do ur pàiste an 'cearcall-hùla' a chleachdadh agus cunntaibh an àireamh de chuairtean-gluasaid as urrainn dhaibh (no dhuibhse) a dhèanamh.
<ul style="list-style-type: none"> When playing in the park, on the swings, teach your child how to make the swing go higher without being pushed. 	<ul style="list-style-type: none"> Nuair a tha sibh a' cluich sa phàirc, air an dreallaig, ionnsaichibh do ur pàiste mar a ghabhas an dreallag a chur nas àirde gun a putadh.
Secondary	Àrd-sgoil
Third/fourth level (S1-S3)	Treas/ceathramh ìre
<ul style="list-style-type: none"> Encourage your child to get active by making a programme of daily exercise like running or cycling. You 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith gnìomhach le prògram de dh'eacarsaich làitheil a dhèanamh suas, mar ruith

<p>could also encourage your child to do some research to find out what the record is, and who the world record holder, is for a variety of distances.</p>	<p>agus rothaireachd. Dh'fhaodadh sibh cuideachd ur pàiste a bhrosnachadh gu beagan rannsachaidh airson faighinn a-mach dè an clàradh as àirde ann am measgachadh de dh'astaran, agus cò aige a tha an clàradh sin.</p>
<ul style="list-style-type: none"> Encourage your child to meet with friends and set up games in the park like football or rounders etc. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' coinneachadh ri caraidean agus stèidhichibh geamannan sa phàirc, mar ball-coise no 'cuairtean-ball'.
<ul style="list-style-type: none"> Go with your child to a local sports centre and help them to learn to play games like badminton or table tennis, or go to the park and learn to play tennis. 	<ul style="list-style-type: none"> Theirigibh còmhla ri ur pàiste gu ionad spòrs ionadail agus cuidichibh iad gu ionnsachadh mar a chluicheas iad geamannan leithid badmantan no teanas-bùird, no theirigibh don phàirc agus ionnsaichibh iad air teanas a chluich.
<ul style="list-style-type: none"> Encourage your child to go to the swimming baths with friends or family members and to practise their swimming techniques/learn how to swim/set a target number of lengths of the pool to complete during the session. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu a dhol don amar-snaimh còmhla ri caraidean no còmhla ri buill den teaghlach, agus an altan snàimh a chleachdadh/snàmh ionnsachadh/ agus stèidhichibh àireamh de fhadan an amair-snàimh a nì iad anns an t-seisean.
Senior phase/post-16	Ire Àrd/seachad air 16
<ul style="list-style-type: none"> Encourage your child to participate in organised games and sports in a local sports club. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith com-pàirteach ann an geamannan agus spòrs eagraichte ann an club spòrs ionadail.
<ul style="list-style-type: none"> Encourage your child to try to be active on a daily basis. Ask them to run an errand to a local shop or walk the dog. 	<ul style="list-style-type: none"> Brosnichibh ur pàiste gu bhith gnìomhach gach latha. Iarraibh orra a dhol air turas don bhùth ionadail no a dhol a-mach leis a' chù.
<ul style="list-style-type: none"> Try to be a good role model: try out a new sport or activity together and have fun! 	<ul style="list-style-type: none"> Feuchaibh ri bhith nur deagh eiamspleir: feuchaibh a-mach spòrs no gnìomhachd ùr còmhla, agus biodh spòrs agaibh!
<ul style="list-style-type: none"> Sign up for a sponsored walk/run/abseil. Ask for your child's support in training for the event or suggest you do it together. 	<ul style="list-style-type: none"> Cuiribh ur n-ainm ri cuairt/ruith/aibsèileadh fo urrasachd. Iarraibh taic bho ur pàiste ann an trèanadh airson an tachartais, no dh'fhaodadh sibh a mholadh a dhèanamh còmhla.
<ul style="list-style-type: none"> Find out what free/low-cost activities and sports are on 	<ul style="list-style-type: none"> Faighibh a-mach dè na gnìomhachdan agus spòrs an-

<p>offer in your area. If you can afford to, offer to pay for your child to attend a block of sessions, together with a friend, as a reward.</p>	<p>asgaidh/cosgais iosal a thathar a' tairgsinn san sgìre agaibh. Mas urrainn dhuibh ruighinn air, faodaidh sibh pàigheadh airson ur pàiste a bhith an làthair aig cnap de sheiseanan, còmhla ri caraid, mar dhuais.</p>
<ul style="list-style-type: none"> Encourage your child's involvement in sports and activities. Agree to share taxi duties with other parents if transport or safety is an issue. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith an sàs ann an spòrs agus gnìomhachdan. Aontaichibh na dleastanasan tagsaidh a roinn le pàrantan eile ma tha ceist ann mu chòmhdhail no sàbhailteachd.
<p>'Physical education, physical activity and sport' is one of six areas that your child will learn about as part of the health and wellbeing curriculum.</p> <p>For more information on health and wellbeing, see http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumareas/healthandwellbeing/index.asp</p>	<p>Is e 'Foghlam corporra, gnìomhachd chorporra agus spòrs' aon de shìa raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd.</p> <p>Airson tuilleadh fiosrachaidh mu shlàinte agus sunnd, faicibh http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumareas/healthandwellbeing/index.asp</p>