

Useful Websites

Education Scotland: www.educationscotland.gov.uk

Physical Education in Shetland Today: www.youtube.com/watch?v=FYTSTgbm8E8



Physical Education Information for Parents and Children in Primary Schools

Produced by Montrose Cluster
Primary Schools

Physical Education is now delivered as part of Health and Wellbeing within Curriculum for Excellence, with the hope that all children will become physically literate and remain active for life.

Physical Education will focus on four Significant Aspects of Learning (see diagram below). These will provide learners with a platform from which they can:

- build physical competences
- improve aspects of fitness
- develop personal and interpersonal skills and attributes.
- develop cognitive understanding

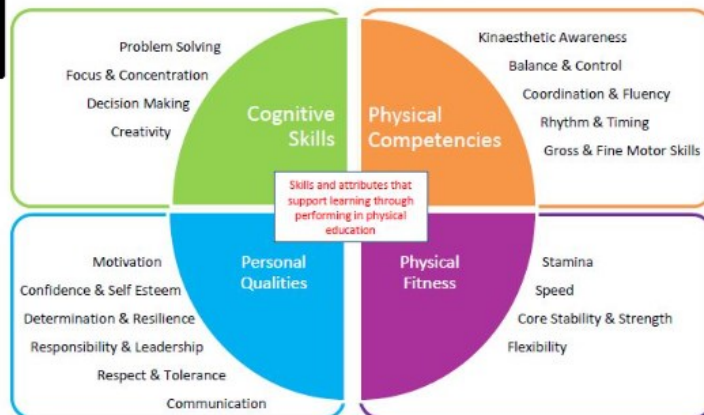


Significant Aspects of Learning in Physical Education

Movement skills, Competencies and Concepts	HWB 21-22a
Cooperation and competition	HWB 23a
Evaluating and appreciating	HWB 24a

Progressive learning contexts as the learner develops capacity and competence

The significant aspects of learning in physical education should be regularly revisited through a broad range of relevant and realistic learning experiences across all levels



Simple
Predictable
Self-paced
Limited repertoire of skills
Limited pressure

Complex
Unpredictable
Externally paced
Wide repertoire of skills
Pressure of increased variables with less time to respond

What parents/carers can do to support?

- Find out from the school which days your child has PE
- Ensure your child has the appropriate clothing for both indoor and outdoor activities
- Talk to your child about the importance and relevance of PE in learning and how it helps to maintain long term health
- Encourage your child to take part, try hard and persevere in more challenging tasks in PE
- Talk to your child about the importance of team work, respect and handling competition well, so that they understand we are all working together to learn
- If your child is unable to take part in PE, i.e. if they are ill or injured, please send a note to school with your child
- You can contribute to your child's health and wellbeing by encouraging your child to also be active out of school and finding out about clubs and after school activities from the Active School Coordinator.

Frequently Asked Questions

What should I wear?

Your child should have both an indoor and an outdoor kit in school, at all times. **No Football Strips.**

Indoor - t-shirt, shorts, spare socks, gym shoes

Outdoor - sweatshirt/tracksuit top, jogging bottoms/tracksuit bottoms and trainers

Footwear should be fit for purpose, e.g. comfortable, correct size, sturdy and supports your child's feet.

Hair - Long hair should always be **tyed back** with a suitably soft item to prevent it obscuring vision and entanglement in apparatus

Jewellery - All personal effects should be removed. If they cannot be removed, action should be taken to try to make the situation safe i.e

- Taping over ear studs may help to provide protection in activities where pupils are required to work in their own personal space
- This may not be acceptable, however, in physical activity where close contact may occur
- Tape should be provided by the parents/carers and the child should be able to put the tape on independently. A teacher/ PSA can offer support, if required

If the situation cannot be made safe, the learner may not actively participate but will, however, always be involved in the learning.

(Adapted from 'Safe Practice in Physical Education and School Sport' (2012) by The Association for Physical Education.)

What activities will my child experience in the Primary Stages?

As your child progresses through the school years they should experience a wide range of activities. These activities may vary from school to school.

P1-3 will work on:

- Core Movement Skills - where children learn how to move well and develop the psychological, social and emotional psychomotor skills necessary to develop physical literacy

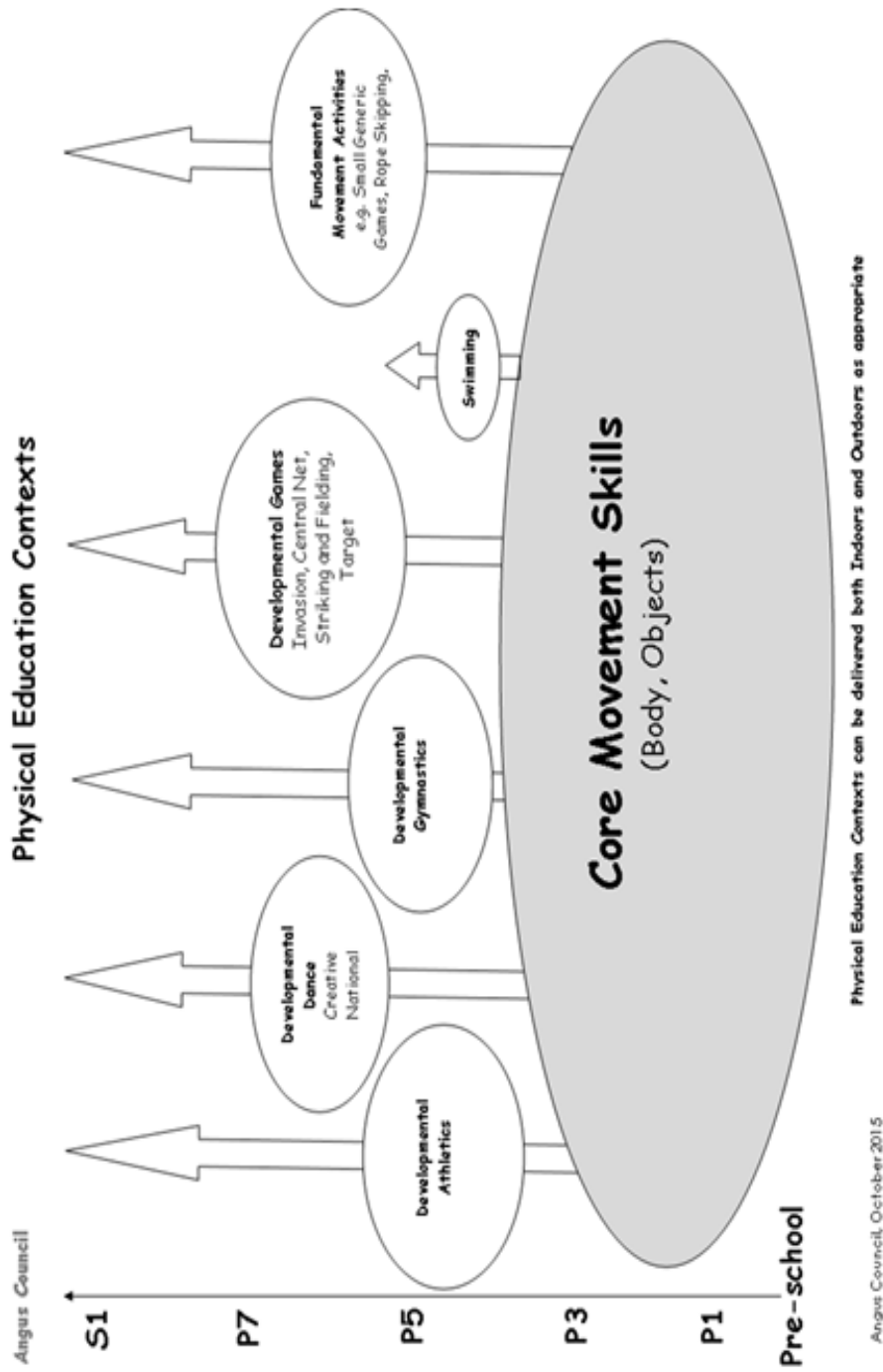
P4-7 will then progress on to the activities below:

- Developmental Athletics
- Developmental Dance
- Developmental Gymnastics
- Developmental Games e.g. Invasion, Central Net, Striking and Fielding and Target
- Fundamental Movement Activities e.g. Small Generic Games, Rope Skipping, Orienteering, Fitness-type activities etc.
- During the P4-P7 phase every child will receive one, 15 week, block of Swimming which will be planned and delivered in collaboration with a qualified Swim Instructor

This is shown in the diagram over leaf.

All of the activities, P1 to P7, can be carried out both indoors and outdoors.

Angus Council is committed to providing all children in primary schools with 2 hours high quality physical education. This will be delivered by the Classroom Teacher in P1-P3 and by a combination of the Visiting PE Teacher and the Classroom Teacher in P4-P7.



Role of the Teacher and Visiting Teachers

Class teachers and the Visiting PE Teacher will:

- Provide a safe learning environment for pupils
- Have the highest expectations of all pupils
- Plan learning that meets the needs of all pupils, including their psychological, social, emotional and physical needs
- Offer children experiences across a range of activities
- Include activities which are competitive and co-operative; group and individual; indoor and outdoor; creative and technical; high energy and relaxing
- Evaluate, assess and inform children of their development and progression in their learning in PE
- Include self and peer assessments as methods of identifying next steps in learning
- Ensure that they are aware of pupils' prior learning experiences in PE