

Physical Education @ Abbey Primary

Information for Pupils and Parents



This information sheet has been prepared as we have noticed a decrease in pupils bringing in the correct clothing to participate in PE lessons. Children must wear suitable clothing in order to get the most out of their PE sessions. We must deliver 2hrs of PE in Scottish schools.

Physical Education is 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.

Abbey is committed to providing all pupils in primary school with 2 hours high quality physical education. This will be delivered by the classroom teacher in school.

Activities

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

- a basic movement programme where pupils learn how to move well
- 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

Pupils' questions

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

Who will teach my PE lessons? your class teacher will deliver two 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.

What do I need to wear? For indoor activities pupils should wear shorts/Leggings/Joggers, plain t-shirts and gym shoes or clean training shoes.

For gymnastics and dance pupils should be in bare feet or gym shoes.

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.

Parents/Carers:

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

- 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.
- If your child is unable to take part in PE due to injury or illness please alert your child's teacher via seesaw or contact the school office.
- You can contribute to your child's health and wellbeing by encouraging your child to be active out of school.
- If your child does not bring a change of clothing and footwear for PE we will contact home to discuss this with you.