

Pupils' Questions

How much time will I have in PE each week?

You should have at least 2 hours of physical education every week within class time.

Who will teach my PE lessons?

Most of the time it will be your class teacher who will teach the PE lessons. Sometimes it may be another teacher from your school. Occasionally there may be a coach or specialist who comes in to work with your teacher to deliver the lesson.

Where will learning take place?

Lessons will take place both indoors and outdoors throughout the year. Sometimes you may also travel to another venue for PE lessons for example the local community centre or sports facility.

What do I need to wear?

For indoor activities pupils should wear shorts, plain t-shirts and gym shoes or clean training shoes. For gymnastics and dance pupils should be in bare feet or gym shoes. Some schools have specialist PE uniforms.

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.

This information can be made available in a range of languages and formats, including large print, braille, audio, electronic and accessible formats.

如果你需要用其他语言或者其他格式表示这些信息，请与我们联系以便讨论你的要求。

Jezeli potrzebujesz tą informację w innym języku lub formacie, proszę skontaktuj się z nami, żeby przedyskutować Twóją potrzebę.

اگر آپ کو درستی زبان میں یہ معلومات درکار ہو تو براہ مہربانی ہم سے مندرجہ ذیل طریقہ پر رابطہ کریں

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sportscotland
the national agency for sport



physical education information
for parents and carers of pupils
in primary schools



service and people first

Parents and Carers

How can I support my child to be actively engaged in Physical Education and get the most from their learning?

- Find out from your school which days your child has regular PE
- Ensure your child is appropriately prepared for indoor and outdoor lessons, taking our Scottish weather into account and the possibility of the need to change clothes. Cold children will not learn! Also ensure on our rare hot days they have hats 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 they understand we are all learning together
- Find out about school policy if your child is unable to take part in PE due to illness or injury. Every child should have an active role in the lesson
- Encourage your child to get involved in clubs and after school activities; find out more from the Active Schools Co-ordinator.

Activities

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

- A movement programme which allows pupils to develop thinking and movement skills
- Outdoor activities
- Aesthetic activities: gymnastics, dance etc.
- Possession games: basketball, netball, handball, football etc.
- Rebound activities: badminton, tennis, volleyball etc.
- Athletics: track and field; swimming, cycling etc.
- Target activities: golf, curling, archery etc

Physical Education is now delivered as part of Health and Wellbeing within Curriculum for Excellence.

High quality Physical Education (PE) is essential for improving and maintaining the health and wellbeing of all pupils.

PE should:

- Engage pupils in the learning process
- Challenge and motivate pupils and help build resilience
- Offer a variety of learning experiences in PE, both indoors and outdoors
- Develop pupils thinking skills and knowledge as part of life long learning

North Lanarkshire Council is committed to providing all primary school pupils with 2 hours of high quality physical education

