

## How often will my child take part in PE lessons?

\* In Whitelees, all children take part in at least two hours of physical education, this is the minimum requirement set by the Scottish Government.

\* Usually classes have two one hour blocks of PE; one indoor session and one outdoor session.

\* We make every effort to provide an outdoor session every week so our children are experiencing different ground and weather conditions.

\* PE will go ahead come rain or shine, unless weather conditions are hazardous for the children – this will be monitored and at the discretion of the class teacher.

## What should my child wear for Physical Education?

We ask that children bring suitable kit for their PE lessons to ensure personal hygiene and safety.

Please ensure your child has the correct PE kit in school on their timetabled days, however, it is advised that children keep their full kit in school throughout the week in case of any timetable changes.

### Indoor kit should include:

- Blue shorts
- White round neck t-shirt
- Soft shoes
- No jewellery

### Outdoor kit should include:

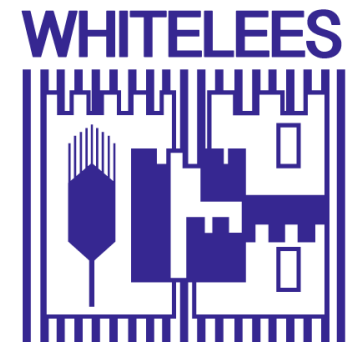
- Blue/black long trousers
- Long sleeved t-shirt/jumper
- Suitable outdoor shoes
- No jewellery

Please ensure any newly pierced ears are suitably covered with plasters or tape to avoid injury during PE lessons.



WHITELEES PRIMARY SCHOOL

# HEALTH & WELLBEING PHYSICAL EDUCATION Parent Guide



If you would like to find out more about how best to support your child's learning, visit our class blogs at...

[www.whitelees.n-lanark.sch.uk](http://www.whitelees.n-lanark.sch.uk)

or

Education Scotland Parentzone at...

[www.educationscotland.gov.uk/parentzone](http://www.educationscotland.gov.uk/parentzone)

## What is Physical Education?

\* Physical education provides learners with a platform from which they can build physical competences, improve aspects of fitness, and develop personal and interpersonal skills and attributes.

\* Physical Education lessons enables learners to develop the concepts and skills necessary for participation in a wide range of physical activity, sport, dance and outdoor learning, and enhances their physical wellbeing in preparation for leading a fulfilling, active and healthy lifestyle.

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## What learning opportunities will my child experience in Physical Education?

In Whitelees we aim to deliver quality learning and teaching experiences in P.E. We deliver lessons in line with the significant aspects of learning to ensure children receive a broad range of experiences and opportunities.

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

## What are the Significant Aspects of Learning in Physical Education?

There are four significant aspects of learning (SALs) within P.E. They are:

### Cognitive Skills

Problem Solving

Focus & Concentration

Decision Making

Creativity

### Physical Competencies

Kinaesthetic Awareness (awareness of movement)

Balance & Control

Co-ordination & Fluency

Rhythm & Timing

Gross & Fine Motor Skills (movement and co-ordination of large and small body parts)

### Personal Qualities

Motivation

Confidence & Self Esteem

Determination & Resilience

Responsibility & Leadership

Respect & Tolerance

Communication

### Physical Fitness

Stamina

Speed

Core Stability & Strength

Flexibility

## What activities will my child take part in during the school session?

Every child will take part in a range of physical activities throughout the year. Some of the activities your child may experience are:

- **Possession Games** e.g. handball, basketball, football, netball and hockey.
- **Central Wall and Net Games** e.g. badminton and tennis.
- **Aesthetic Activities** e.g. dance and gymnastics.
- **Outdoor and Adventure Activities** e.g. orienteering and bikeability.
- **Athletics Activities** e.g. track and field (running, throwing, jumping) and fitness.

\* We also have a number of specialists who join us throughout the year:

- Mark, our handball coach joins us every week and works on building handball skills year on year with our children.
- Stuart, our Active Schools Co-ordinator works closely with the school to provide contacts, organise events and deliver sessions.
- We also have great partnerships with Strathkelvin Judo and Clyde FC who join us at various points in the school year to deliver specialist training to our children.

We are continually looking for new coaches to join Whitelees to provide a wider range of experiences for our children.

\* In addition to this we offer a wide range of sports after school clubs that run throughout the year from September to June.

