

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.

¹ <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-levels/>

² <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-levels/>

<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 pick the milk carton up with your left/right hand only?' 	<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. Bruidhribh ri ur pàiste mu 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?'
<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/baidhsagal 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 dùbhlan a dh'fhaicinn cò as urrainn an cothromachadh as èibhinn a dhèanamh air aon chois/scrunch suas gun mheud as lugha/sìneadh 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 làmhan, 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.
<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 https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/</p>	<p>Is e 'Foghlam corporra, gnìomhachd chorporra agus spòrs' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd.</p> <p>Airson tuilleadh fiosrachaidh mu shlàinte agus sunnd, faicibh https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/</p>