

Support your child's learning – physical education, physical activity and sport

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.
Secondary	Àrd-sgoil
Third/fourth level (S1-S3)	Treas/ceathramh ìre
<ul style="list-style-type: none"> Encourage your child to get active by making a programme of daily exercise like running or cycling. You could also encourage your child to do some research to find out what the record is, and who the world record holder, is for a variety of distances. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith gnìomhach le program de dh'eacarsaich làitheil a dhèanamh suas, mar ruith agus rothaireachd. Dh'fhaodadh sibh cuideachd ur pàiste a bhrosnachadh gu beagan rannsachaidh airson faighinn a-mach dè an clàradh as àirde ann am measgachadh de dh'astaran, agus cò aige a tha an clàradh sin.
<ul style="list-style-type: none"> Encourage your child to meet with friends and set up games in the park like football or rounders etc. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' coinneachadh ri caraidean agus stèidhichibh geamannan sa phàirc, mar ball-coise no 'cuairtean-ball'.
<ul style="list-style-type: none"> Go with your child to a local sports centre and help them to learn to play games like badminton or table tennis, or go to the park and learn to play tennis. 	<ul style="list-style-type: none"> Theirigibh còmhla ri ur pàiste gu ionad spòrs ionadail agus cuidichibh iad gu ionnsachadh mar a chluicheas iad geamannan leithid badmantan no teanas-bùird, no theirigibh don phàirc agus ionnsaichibh iad air teanas a chluich.
<ul style="list-style-type: none"> Encourage your child to go to the swimming baths with friends or family members and to practise their swimming techniques/learn how to swim/set a target number of lengths of the pool to complete during the session. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu a dhol don amar-snaimh còmhla ri caraidean no còmhla ri buill den teaghlach, agus an altan snàimh a chleachdadh/snàmh ionnsachadh/ agus stèidhichibh àireamh de fhadan an amair-snàimh a nì iad anns an t-seisean.
Senior phase/post-16	Ìre Àrd/seachad air 16
<ul style="list-style-type: none"> Encourage your child to participate in organised games and sports in a local sports club. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith com-pàirteach ann an geamannan agus spòrs eagraichte ann an club spòrs ionadail.

<ul style="list-style-type: none"> Encourage your child to try to be active on a daily basis. Ask them to run an errand to a local shop or walk the dog. 	<ul style="list-style-type: none"> Brosnichibh ur pàiste gu bhith gnìomhach gach latha. Iarraibh orra a dhol air turas don bhùth ionadail no a dhol a-mach leis a' chù.
<ul style="list-style-type: none"> Try to be a good role model: try out a new sport or activity together and have fun! 	<ul style="list-style-type: none"> Feuchaibh ri bhith nur deagh eiisimpleir: feuchaibh a-mach spòrs no gnìomhachd ùr còmhla, agus biodh spòrs agaibh!
<ul style="list-style-type: none"> Sign up for a sponsored walk/run/abseil. Ask for your child's support in training for the event or suggest you do it together. 	<ul style="list-style-type: none"> Cuiribh ur n-ainm ri cuairt/ruith/aibseileadh fo urrasachd. Iarraibh taic bho ur pàiste ann an trèanadh airson an tachartais, no dh'fhaodadh sibh a mholadh a dhèanamh còmhla.
<ul style="list-style-type: none"> Find out what free/low-cost activities and sports are on offer in your area. If you can afford to, offer to pay for your child to attend a block of sessions, together with a friend, as a reward. 	<ul style="list-style-type: none"> Faighibh a-mach dè na gnìomhachdan agus spòrs an-asgaidh/cosgais ìosal a thathar a' tairgsinn san sgìre agaibh. Mas urrainn dhuibh ruighinn air, faodaidh sibh pàigheadh airson ur pàiste a bhith an làthair aig cnap de sheiseanan, còmhla ri caraid, mar dhuais.
<ul style="list-style-type: none"> Encourage your child's involvement in sports and activities. Agree to share taxi duties with other parents if transport or safety is an issue. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith an sàs ann an spòrs agus gnìomhachdan. Aontaichibh na dleastanasan tagsaidh a roinn le pàrantan eile ma tha ceist ann mu chòmhdhail no sàbhailteachd.
<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. 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. Airson tuilleadh fiosrachaidh mu shlàinte agus sunnd, faicibh https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/</p>