

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 sìmplidh gus foghlam corporra, gnìomhachd chorporra agus spòrs a ghabhail a-steach do na gnàth-chùrsaichean làitheil.
Primary	Bun-sgoil
First/second level¹ (approximately P2-P7)	Chiad/dàrna ìre² (timcheall air P2 –P7)
<ul style="list-style-type: none"> Take your child to the swimming pool and encourage them to experiment with different types of movement, like running in the water, or jumping, or stretching out and floating on the surface. 	<ul style="list-style-type: none"> Thoiribh ur pàiste don amar-snàimh agus brosnachibhiad gu bhith a' feuchainn a-mach diofar sheòrsaicheanghlusadan, mar ruith san uisge, no leum, no sineadh a-mach agus fleòdradh air uachdar an uisge.
<ul style="list-style-type: none"> Take your child out on their bike – on the way to the park talk to them about road safety, and in the park talk to them about avoiding other park users when cycling. 	<ul style="list-style-type: none"> Thoiribh ur pàiste a-mach air an rothair aca – bruidhribh riutha air an t-slighe don phàirc mu shàbhailteachd rathaid, agus bruidhribh riutha anns a' phàirc mu dheidhinn a bhith a' seachnadh luchd-cleachdaidh eile na pàirce nuair a tha iad a' rothaireachd.
<ul style="list-style-type: none"> In the garden, teach your child how to skip with a single rope, and then how to skip with a rope held by other members of the family. 	<ul style="list-style-type: none"> Sa ghàrradh, ionnsaichibh do ur pàiste sgiobaigeadh le aon ròpa agus an uair sin sgiobaigeadh le ròpa air a chumail le buill eile den teaghlach.
<ul style="list-style-type: none"> Encourage your child to learn to juggle with small, soft balls; first with one ball, then with two. 	<ul style="list-style-type: none"> Brosnichibh ur pàiste gu làmh-chleasachd le bàlaichean beaga boga ionnsachadh, an toiseach aon bhàla agus an uair sin a dhà.
<ul style="list-style-type: none"> In the garden have an 'Olympic/Commonwealth Games' competition with your child, featuring different events like long jump, high jump, sprinting or the marathon race. 	<ul style="list-style-type: none"> Sa ghàrradh, biodh farpais 'Geamannan Oilimpigeach/a' Cho-fhlaitheis' agaibh le ur pàiste, a' nochdadh diofar thachartasan mar an leum fhada, an leum àrd, deann-ruith no rèis maraton.

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">• Playing in the house, teach your child to 'hula-hoop' and count the number of rotations that they (or you) can do.	<ul style="list-style-type: none">• A' cluiche am broinn an taighe, ionnsaichibh do ur pàiste an 'cearcall-hùla' a chleachdadh agus cunntaibh an àireamh de chuairtean-gluasaid as urrainn dhaibh (no dhuibhse) a dhèanamh.
<ul style="list-style-type: none">• When playing in the park, on the swings, teach your child how to make the swing go higher without being pushed.	<ul style="list-style-type: none">• Nuair a tha sibh a' cluich sa phàirc, air an dreallaig, ionnsaichibh do ur pàiste mar a ghabhas an dreallag a chur nas àirde gun a putadh.