**Physical Education**

**What your child learns in Physical Education**

**COGNITIVE SKILLS**
- Problem solving
- Focus & concentration
- Decision making
- Creativity

**PHYSICAL COMPETENCIES**
- Kinaesthetic awareness
- Balance & control
- Coordination & fluency
- Rhythm & timing
- Gross & fine motor skills

**PERSONAL QUALITIES**
- Motivation
- Confidence & self-esteem
- Determination & resilience
- Responsibility & leadership
- Respect & tolerance
- Communication

**PHYSICAL FITNESS**
- Stamina
- Speed
- Core stability & strength
- Flexibility

**What can you do to support your child’s learning?**

- **ENTITLEMENTS**
  - Be a role model
  - Include physical activity in your daily routine
  - Share their successes
  - Ask your child what they are learning
  - Challenge stereotypes
  - Encourage your child to try a range of activities. PE promotes equality of opportunity across genders in all physical activities and sports
  - Link PE to life
  - Experiment outside the timetabled classes

- **ORGANisation**
  - Remind your child about PE kit on PE days
  - Be positive
  - Speak to your child about the benefits of PE

- **Make time...**
  - to enjoy activities with your child.
  - Encourage other family members and friends to join in.

- **A Physically Educated Person...**
- Has learned how to move well allowing them to take part in any physical activity/sport
- Knows how physical education, physical activity and sport can contribute to health
- Continues to participate in physical activity/sport throughout life
- Experiences the joy of movement and loves being physically active
- Is physically fit

- **Physical Education and Physical Activity**
- Did you know

- Research shows that being physically active can raise attainment!

- PE can positively contribute to your child’s mental, emotional, social and physical wellbeing

**PHYSICAL EDUCATION CAN...**
- Boost brain function and learning
- Build a foundation to a healthy lifestyle
- Build confidence and social skills
- Provide opportunities for creativity
- Develop skills for life and work
- Improve motor skills and coordination
- Strengthen muscles and bones
- Develop skills for life and work
- Values the contribution towards a healthy lifestyle
- Has learned how to move well allowing them to take part in any physical activity/sport
- Knows how physical education, physical activity and sport can contribute to health
- Continues to participate in physical activity/sport throughout life
- Experiences the joy of movement and loves being physically active
- Is physically fit

**EARLY LEARNING AND CHILDCARE/SCHOOL & HOME PARTNERSHIP**

**Physical Education**

2 hours/periods per week

Taught by a qualified teacher

Planned and progressive learning experiences

Contribution of Physical Activity

At least 1 hour physical activity per day

Teachers, active schools, coaches

Before and after school or during breaks and lunchtime

A Physically Educated Person...

...build confidence and social skills

...build a foundation to a healthy lifestyle

...boost brain function and learning

...build confidence and social skills

...provide opportunities for creativity

...develop skills for life and work

...improves motor skills and coordination

...strengthens muscles and bones

...develops skills for life and work

...values the contribution towards a healthy lifestyle

...has learned how to move well allowing them to take part in any physical activity/sport

...knows how physical education, physical activity and sport can contribute to health

...continues to participate in physical activity/sport throughout life

...experiences the joy of movement and loves being physically active

...is physically fit