

## Parents/Carers

**We would ask support from parents/carers to ensure children are prepared with appropriate clothing to allow them to fully participate in all Physical Education lessons.**

### **Indoor e.g.**

Shorts  
T-shirt  
Gym shoes or clean trainers

### **Outdoor e.g.**

Jogging bottoms  
Sweatshirt  
Outdoor trainers  
Rain jackets, hats and gloves should be worn when required

If your child is unable to participate in Physical Education please inform the class teacher and/or Physical Education specialist.

Pupils should remove all jewellery and cover any **new piercings** with tape. Parents/carers should ensure their child has appropriate tape with them. It is advisable for safety and security that all jewellery is left at home on Physical Education days.

There are a range of opportunities for your child to be involved in **Physical Activity** outwith curricular Physical Education. This may include:

- lunchtime and / or after school clubs
- local community clubs
- walking/cycling to and from school.

Participation in physical activity will enhance the quality of your child's health and wellbeing through active living.

### Useful websites

For further information on **Physical Education** in the curriculum:

<http://www.educationscotland.gov.uk/learningteachingandassessment/assessment/progressandachievement/curriculum/healthandwellbeing/hwbpe.asp>

For further information about **Physical Activity** opportunities available in your area

<http://www.falkirkcommunitytrust.org/sport/active-schools/>



# Physical Education in Falkirk Primary Schools

## Information for Parents and Carers



**Falkirk Council Education Service will provide all primary school children with 2 hours quality Physical Education every week.**

**Quality Physical Education is essential to develop and improve children's:**

- positive personal qualities
- physical fitness
- cognitive skills e.g. problem solving, decision making
- physical competencies e.g. balance, coordination, rhythm
- general health and wellbeing

**Involvement in Physical Education provides the context to:**

- inspire learners to participate and achieve in a variety of activities
- challenge and motivate learners to do the best they can
- create opportunities for enjoyment through practical activity
- encourage learners to establish and maintain a healthy and fulfilling active lifestyle.

**Physical Education in Falkirk Primary Schools should be:**

- **Planned**

The Physical Education specialist and the class teacher are jointly responsible to ensure coverage of all Physical Education experiences and outcomes

- **Diverse**

Children should experience a wide range of purposeful and challenging physical activities e.g. competitive, cooperative, aquatic, creative, high energy, relaxing, group, individual, indoor, outdoor

- **Progressive**

Children should have opportunities to build on prior learning and extend their range and application of skills

- **Allow opportunities for enjoyment**

Children should actively engage in their learning thus experiencing a sense of achievement and enjoyment.



### School Responsibilities

- To ensure all children receive their 2 hours quality Physical Education entitlement.
- To ensure children with additional support needs receive the same Physical Education experiences as other pupils. Where an activity is **not suitable for a particular pupil**, it will be adjusted so that their experience is equally fun, appropriately challenging and educationally equivalent to that of their peers.
- To provide information on Physical Education days, times, activity context and clothing requirements.
- To ensure that learners' progress in Physical Education is reported on to parents and carers.

