

What can you do?

Your child can experience many benefits, physically, mentally and emotionally, as a direct result of their participation in some form of PE, and a higher level of participation can lead to greater rewards.

You can do much to help your child:

- ✓ Be a positive role model and lead by example
- ✓ Offer encouragement and ensure your child regularly takes part in PE
- ✓ Ask your School about PE, School Sport & Physical Activity
- ✓ Ask about the Curriculum including Swimming
- ✓ Discuss their progress with teachers
- ✓ Where possible attend PE and School Sport events
- ✓ Provide them with the appropriate kit
- ✓ Talk as a family about being healthy and active
- ✓ Be active as a family

In addition your child will develop social, emotional and intellectual skills, including improved:

- ✓ Leadership Skills
- ✓ Communication & Trust
- ✓ Tolerance
- ✓ Independence
- ✓ Co-operation
- ✓ Loyalty
- ✓ Fairness & Respect
- ✓ Acceptance of Responsibility



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The importance of being **Active**



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What is Physical Education, School Sport & Physical Activity?

Your child is entitled to a rich, broad and balanced curriculum, where physical education is a critical element.

Physical Education, School Sport & Physical Activity are similar in that they all include physical movement, but there are important differences between them.

Physical Education

is about what takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both 'learning to move' (i.e. becoming more physically competent) and 'moving to learn'.

School Sport

is the structured learning that takes place beyond the curriculum. This is sometimes referred to as out-of-school-hours learning. Again, the context for the learning is physical activity.

Physical Activity

is a broad term referring to all bodily movement that uses energy. It includes all forms of physical education, sports and dance activities.



Why children and young people need regular Physical Education, School Sport & Physical Activity



FACT 1: ACHIEVEMENT

Pupils improve in all subjects



FACT 2: PERSONAL DEVELOPMENT

Pupils are more confident & positive



FACT 3: SOCIAL SKILLS

Pupils have more developed social skills



FACT 4: HEALTH & EMOTIONAL WELL-BEING

Pupils have a better outlook on life



FACT 5: LEADERSHIP

Pupils will be able to make informed decisions

Statistics

- An 11% boost in SATS results has been linked to programmes that directly improve pupils' social and emotional well-being
- Pupils engaging in self-development opportunities including sport and physical activity achieve 10-20% higher GCSEs