

WHAT IS PE?

PE is an integral part of your child's primary education, that provides them with learning opportunities through the medium of movement and contributes to their overall development by helping them to lead full, active and healthy lives.

Benefits of Physical Activity for Children:



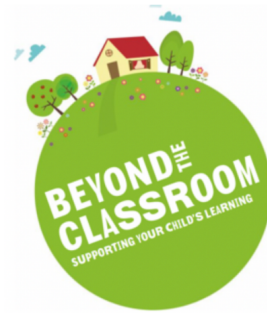
- Physical skill development
- Improved agility and co-ordination
- Healthy growth & development
- Increase in energy and sleeping patterns
- Improved mood and self-esteem
- Emotional, social & cognitive benefits
- Develop knowledge, skills and behaviours leading to lifelong participation in physical activity

TIME:

Encourage children to participate in actives where their heart rate is increased for at least 60 mins per day!



RESOURCES TO SUPPORT PE LEARNING AT HOME



Find all resources on:
scoilnet.ie/pdst/primary/pe/HomeSupport/

Supporting your child's PE learning at home

PRACTICAL SUGGESTIONS TO FURTHER DEVELOP LEARNING IN PE AT HOME AND IN THE COMMUNITY



PLAY WITH YOUR CHILD

Assist your child with their PE homework, teach them how to play simple, fun games and create opportunities for the whole family to be active.

INTRODUCE CHILDREN TO A VARIETY OF DIFFERENT MOVEMENT ACTIVITIES

The more variety your child experiences, the more likely they are to find activities that they really enjoy and to develop more movement skills. Introduce your child to lots of different ways to be active such as team sports, yoga, walking, climbing, cycling, swimming/splashing or orienteering.

TALK TO YOUR CHILD ABOUT PE AND PHYSICAL ACTIVITY

Discuss with your child what they learn in the PE lesson and how this learning can be developed at home or in the community. To begin these conversations use reflection templates in the resource PE Homework -Active Everyday or goal setting cards provided by the class teacher.

GIVE YOUR CHILD GIFTS OF ACTIVE TOYS OR EXPERIENCES

Simple toys and equipment will offer the opportunity to move in new ways with family and friends, e.g. hoops, pool noodles, tennis rackets, skipping ropes, dance mats.

Celebrate occasions with active experiences, e.g. trail walking, fishing, surfing, kayaking, horse riding.



LEARN ABOUT DIFFERENT PHYSICAL ACTIVITIES AND SPORTS

Encourage your child to research and learn more about their favourite sports or physical activities and sporting heroes. Create a project and share it with the whole class!

EXPLORE THE OUTDOORS TOGETHER

Explore the freedom of the beautiful outdoors with your child, run in open spaces, splash in puddles, climb rocks, throw stones in water, jump over natural obstacles and soak up the natural fresh air.

GIVE MOVEMENT BREAKS A GO

Inject short movement breaks into your child's daily schedule. This can vary from moving energetically for 20 seconds during homework time, to gently stretching and focusing attention on the breath to self-regulate feelings and emotions. Movement breaks will re-energise and refocus your child and bring a smile to their faces. It is always more fun when you join in too!

GIVE PRAISE AND BE PATIENT

It will take time and practice for your child to develop proficiency in movement. Support, praise and encourage their effort, improvement and participation.

FUN FUN FUN FUN!

Movement should always be fun for a child, seek their ideas on how to make games and activities more fun and make sure to join in too!