

## What Your Child Should Bring To Change Into For Outdoor PE

During good weather, please bring the same PE kit as for indoors:



Change of t-shirt



Shorts



Gym shoes

During wet/windy/cold weather:



Warm jacket



Sensible trousers or tracksuit bottoms to change into for PE outdoors



Shoes/trainers to change into for PE outdoors



Plastic bag for wet/muddy items



Spare socks

## Useful Websites

The following websites provide further relevant information:

- <http://www.scotland.gov.uk/Topics/Education/Schools/HLivi/PE>
- [http://www.educationscotland.gov.uk/Images/HealthWellbeing-printfriendlyversion\\_tcm4-676538.pdf](http://www.educationscotland.gov.uk/Images/HealthWellbeing-printfriendlyversion_tcm4-676538.pdf)
- <http://www.takelifeon.co.uk/>

Information about accessing financial support for purchasing school clothing can be found at:

- [http://www.falkirk.gov.uk/services/education/information\\_for\\_parents/clothing\\_grants\\_and\\_free\\_school\\_meals.aspx](http://www.falkirk.gov.uk/services/education/information_for_parents/clothing_grants_and_free_school_meals.aspx)

If you would like further information please contact:

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This document is available for download at:

[www.antonine.falkirk.sch.uk](http://www.antonine.falkirk.sch.uk)

# A Guide to PE Provision in Antonine Primary School for Parents and Carers



Eco Schools

determined to succeed

## What Is Required

The Scottish Government states that physical education can have a positive impact on pupils' health, attainment and life chances. This includes a commitment that:

*By 2014, every school pupil in Scotland will benefit from at least two hours per week of physical education in primary school, and two periods in S1 to S4.*

Falkirk Council is committed to meeting this requirement and Antonine Primary School must therefore ensure that it meets this expectation.

## What This Means At Antonine Primary

To meet the Government requirements it is essential that staff at Antonine take steps to provide pupils with two hours of quality PE per week.

Limited space and time within the school day mean that this can only be achieved by making use of outdoor space, in addition to current arrangements. Therefore, your child will at times be engaged in outdoor PE lessons, throughout the school year. This will be delivered by class teachers and/or a specialist teacher.

## What You Can Do

*"The support and contribution of parents and carers is very important. They are key partners in delivery and help to prepare children and young people for outdoor learning experiences... Your child's school may ask you to ensure that your child is suitably dressed for learning outside all year round. Being enthusiastic about being outdoors is one of the most valuable ways in which parents can help both their child and school or setting."*

Scottish Government  
2011 CfE Publication

## What We Will Do

- Plan and deliver quality outdoor and indoor PE lessons on a regular basis, to help meet the 2 hour requirement.
- Follow national guidance regarding the Health & Wellbeing curriculum.
- Take into account extreme weather conditions.
- Follow Council policy regarding health and safety and make use of relevant training opportunities.
- Make use of community facilities such as the community centre when possible.

- Please ensure that your child brings suitable clothing for participating in PE outdoors, on the days instructed by the class teacher.
- Please check the weather to help decide what clothing is suitable.
- On sunny days, please apply sun cream before coming to school.
- Please encourage your child to see the importance of participating in PE and encourage them to help take responsibility for their own safety.

## What People At Antonine Said

85% of pupils surveyed feel more time for PE would be beneficial.

96% of parents surveyed agree that PE is important to educational attainment.

"It's not only about jogging and star jumps but about happiness, education and well-being... The outdoors helps balance the mind."

*Antonine Parent*