



Garlinge Primary School and Nursery

PE HOME LEARNING RESOURCES

Dear Parents, Carers and pupils,

I hope that you are all keeping safe and well at a time which is very different for all of us. As the sun shines we know that a lot of you will be missing being active with your friends at school so we want to be able to continue to keep you as active as possible at home and also to give you a chance to share your activities with one another.

Our PE vision and aim at Garlinge is for EVERY child to be PART of an enjoyable journey in building a healthier, stronger head (thinking), heart (passion) and hands (physical) approach to leading an active lifestyle.

Therefore we are adding to our 'PE at Home' resource on our school website where you can see various challenges and PE skills for you to try at home. We have created our own Team Garlinge challenge cards for you to try and a certificate is also available once you complete them. The challenges are to help develop Balance, Jumping and Co-ordination but remember to always stay safe when trying any challenges at home!

The challenges can be adapted for any ages and abilities but we would also like to hear from you with any challenges that you have been able to create yourself, always remembering to stay home and stay safe.

If you would like to share your attempts or challenges and your grown-ups give permission for your video or pictures to be shared then your grown-ups can send them via:

Twitter - @TeamGarlinge

Facebook – via our PTFA page

Email – PE@garlinge.kent.sch.uk

Weduc- details on the school website to sign up

Further details around different PE challenges and videos are included below along with important health and safety guidelines.

From all of the PE team please stay active, stay safe and enjoy the challenges and we look forward to seeing you all again soon.

Yours faithfully

L. Sparkes

Mrs L Sparkes

PE and School Sport Leader





Garlinge Primary School and Nursery

HEALTH AND SAFETY GUIDANCE

We want every adult and child who takes part in PE at home to enjoy doing it. Just as importantly, we want you to be safe from injury. #ThisIsPE partners, led by the Association for Physical Education, have put together a few health and safety tips:

- Make sure that there is enough space around you (including overhead) for the activity you are doing
- If you can, do ball activities outside. If this is not in a garden, be sure to follow social distancing guidelines by staying two metres away from anyone not from your household.
- Make sure the surface is even and not slippery underfoot
- Make sure any equipment used is not too heavy or too large for children
- Ask children to wear appropriate clothing and footwear for the activity
- Tie back long hair
- Remove any jewellery
- Give your child plenty of opportunity to have breaks during the longer activities, to rest and drink water to stay hydrated.
- Do not work children to exhaustion.
- If you are practising a skill, focus on good technique rather than the amount they can do

If you're looking for ways to educate and entertain the kids during lockdown, we've got something for you!

Yorkshire Sport Foundation have brought together teachers from across the country to provide activities and games you can replicate at home, using things you can find around the house. They have fun at the heart of them all, so not only will it keep the kids entertained, but it will continue their development in crucial areas such as coordination, balance and building strength.

It's endorsed by the Government Department for Education, and is supported by leading national organisations, the Association for Physical Education, and the Youth Sport Trust. Each video lasts around two minutes, and will introduce an activity, with tips for how to progress it depending on the age and development of your child. Some of the videos have ways you can put what children have learnt into a game, plus ways of how to make that game easier or harder.

You may think that PE is all about star jumps, cross country runs in the cold, or the school football team. Physical education is actually about providing your child with the fundamental skills they need as they develop throughout primary school. And it's fun! Families across the country have been getting involved in #ThisIsPE in the last few weeks, so why don't you? Check out all the videos here, or take a look on Facebook, Instagram or Twitter for #ThisIsPE.

Website – www.yorkshiresport.org/ThisIsPE

YouTube playlist -

https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL

Twitter account - <https://twitter.com/YorkshireSport>

Facebook - <https://www.facebook.com/YorkshireSportFoundation/>

Instagram - <https://www.instagram.com/yorkshiresport/>

