



Teacher Guide

About the Home Learning cards

Our brand-new **PE Home Learning cards** have been designed to enable a personalised learning experience for all pupils.

The cards are very adaptable and so can be utilised with pupils across a broad range of ages and stages of learning.

The cards will link to multiple contexts of learning, including locomotion, gymnastics, dance, games, ball skills, athletics and outdoor and adventurous activity.

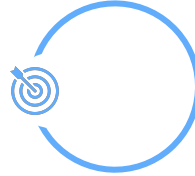
Teachers can select the cards that they want to send home to parents, so that children can learn independently with a sibling, parent or carer.

There is also a video accompanying each activity, our [YouTube channel](#). The videos introduce and clearly explain how to set up and participate in the activities for maximum fun and learning.

We have also produced a separate guide available for parents.

Using the PE Home Learning Cards

Understanding what each section means



- The **Target** circle will ensure children have a focus in addition to the physical challenge or game. This focus is vital to ensure the activity is successful, especially when playing with others.

- The **time to learn** section breaks apart the activity and explains it in more detail.

The **traffic light circles** will support and challenge pupils with their learning at home.



- The red circle suggests a way of making the activity easier or a way of playing on your own.



- The yellow circle outlines an additional level of challenge or a way of competing against an opponent.



- The green circle suggests a much harder challenge or way of competing together as a family.

- Our **Top Tips** provide support to promote physical success.
- The **Let's Reflect** circle allows children to think about their performance, what they did well and what they could improve next time.