**Parent Guide**

About the Home Learning cards

In School, **PHYSICAL EDUCATION** (PE) is a core part of the curriculum offered during the school day and should be taught by a qualified teacher.

**High quality PE** provides opportunities for children to take part in a range of activities that build character and embed values such as fairness and respect. It also enables children to become physically confident in a way that will support their health and fitness.

Our **Home Learning cards** are designed to enable a personalised learning experience for all children.

The cards can be shown to children online and/or printed off allowing them to learn independently!

If your child needs support reading and understanding the content, take time to go through the card with them.

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.

**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.