



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.

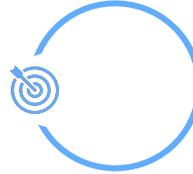
The cards can be shown to children online and/or printed off allowing them to learn independently!

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.