



Strandtown PS

PE Newsletter 2017



Welcome back everyone! Last year was a fabulous year for Strandtown PS in terms of PE and Sport: this year will hopefully top it! What does the year ahead look like? Well, we will be continuing to provide all children from Year 4-7 with 1hr indoor PE every other week and 1hr of outdoor PE every week, reminders of PE days will be in your child's homework diary.

Physical Education

Physical Education is education through physical activity: its goal is the development of the individual as a whole, not just their physical development or their proficiency in specific sports.

Through a focus on ensuring Physical Education at primary school we provide your children with access to physical activity for life as well as build the foundation for future participation and performance in sport.

A quality PE programme will develop physical literacy and allow children to learn about themselves, the importance of a healthy lifestyle, self-expression and concepts such as fair play and respect. PE also contributes to the development of a range of important cognitive skills such as decision-making and analysis, and social skills such as teamwork, communication and leadership. During the year your child will cover Games, Gymnastics, Dance and Athletics. The Year 5 children will also go swimming.

PE Uniform & Equipment – What should my child wear?

The children always look fantastic wearing their school uniform: this is the first sign of commitment to the values promoted by the school. We want the children to look equally impressive during their PE lessons and when representing their school in sports competitions. We promote and encourage the children to wear the Strandtown PE kit which looks smart and makes packing for PE easier. Children are expected to wear suitable shorts and a t-shirt during Indoor PE (***No football or rugby shirts please***) as we need to ensure the children are wearing the correct attire for health and safety purposes. Leggings and tracksuit bottoms are not appropriate for Indoor PE.

During Outdoor PE, particularly in winter months make sure your child has enough layers to keep them warm. We would encourage an under armour type layer, a warm sweatshirt and tracksuit bottoms. A change of socks and a small towel would be encouraged. **Podium4Sport** do supply an optional Strandtown tracksuit, which looks very smart and is great for after school activities.

All jewellery must be removed before PE lessons & long hair must be tied back.

We are a large school with over 900 children so please make sure that your child's uniform and belongings are clearly marked with their name. It is a good idea to have a designated PE bag that your child can easily identify & be responsible for.

If your child is sick or injured on a Physical Education (PE) day, please send a note explaining what your child can or cannot do. Children's participation in PE is **recorded** to ensure our children are gaining physical activity, which will benefit their health and fulfil the NI curriculum requirements. Children who are not physically participating in a PE lesson will either remain with their class during the PE session so they do not miss out on the learning or will be supervised by another class teacher. Please encourage your child's participation in PE as it is the foundation for developing and encouraging a healthy lifestyle.

Our school will continue to participate in the 'Daily Mile' to develop a healthier lifestyle for our children.

Our School

Sport in Strandtown is not only about the more traditional sports, but embracing and offering a wide range of sporting activities for our pupils to participate in and ENJOY. The emphasis has and will always be on **participating, competing and enjoyment at all levels**, whether representing the school in competitions, during PE lessons or at an after school club. Please continue to encourage your child to participate in as much sport as possible.

Miss Bailie – PE Coordinator/Assistant VP
Miss Hutchinson - Principal