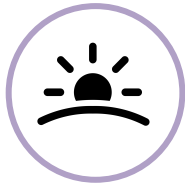




Top Tips for home Physical Education and Physical Activity

Here are our **top 10 tips** to support the delivery of safe, fun and engaging **Physical Education and Physical Activity** at home.



Start the day with **Physical Activity!**

Research shows that active children grow new brain cells at a rapid rate. Therefore, why not start the day by being physically active!



Make sure the space being used for any Physical Activity is **safe!**

All physical activities should take place in a clear, open and safe space. A parent/carer should be present when any physical activity is taking place at home.



Stress the importance of **'E'** in PE!

Ensure children are enjoying the activity. It is important to develop children's physical skills, but just as important to develop their thinking, social and personal skills!



Wear the **correct footwear** and use **suitable equipment!**

Every activity needs to be done in either bare feet or trainers. **No socks!** Make sure any equipment used is suitable for the activity!



Build in time for **Physical Activity throughout the day!**

Break up learning by building in breaks for play or forms of physical activity throughout the day! Consider activities such as outside play or going for a local walk.



Reduce the amount of **screen time!**

Consider how to deliver some of the other school subjects through physical activity or an active game to make the learning fun and engaging, and to reduce screen time!



Socialising and **collaborating** still remains important!

Encourage children to participate with siblings, or link with their friends online and **get active together!** It is important that we still remain connected with others!



Consider how long your sessions/ activities will last, **time matters!**

Keep learning sessions to a realistic time. Most learners will lose concentration and engagement after 20 minutes, this is even less for younger learners.



Reflect on the day! Celebrate success, effort and engagement!

Take time to reflect on the learning that has taken place during the day! **What has your child/children learnt?** Ensure you celebrate success, effort and them taking part!



A child's **wellbeing** is important!

Build in activities that help children focus on their mind as well as the body such as mindfulness, yoga and breathing!