

PE Information – Autumn Term 2017

Now that your child is in the Butterfly group, they will have the opportunity to participate in PE sessions every Friday morning. The aim of this information sheet is to share ideas of some of the activities the children will be having a go at. We'll also be giving some pointers for things you could try at home.

PE Kit

A PE kit is essential if you would like your child to participate. Getting changed independently is a huge part of why we do PE, as well as for children's physical development. Some children find getting changed fairly easy, whilst others find this a real challenge. We can offer support and reassurance to allow them to succeed in getting changed independently but they must have everything they need to 'have a go' themselves. This will help prepare them for their PE lessons when they start Reception.

If you would like your child to participate, they must bring the following in a named bag:

* White T-shirt

* Black or navy joggers or leggings for winter or a tracksuit. In the summer, children will need black or navy shorts.

* Black pumps or trainers that can be left here for them to get changed in to.

** All items MUST be named **

How can you help?

- Encourage your child to get undressed and dressed independently at home. This really helps their confidence as they are then able to manage this independently at Busy Bees. It also means we get longer for PE as children can get changed quickly.
- Sending your child in wearing clothes which they can easily take off and put back on by themselves eg. Leggings, joggers, a loose fitting T-shirt and shoes they are able to take off and put back on themselves. Children receive lots of praise for managing to change themselves so we appreciate it if all can have the opportunity to do everything independently. We do of course support the children if they struggle but they really do want to do it all themselves. Children particularly find tights difficult to manage so it would be great if you could save these for another day.
- Ensure the children have had a good breakfast on a Friday so they are full of energy and enthusiasm to join in.
- Showing the children the observations we have added to their Learning Journey. Can they talk to you about what they have been doing in PE? Perhaps they could demonstrate our warm up routine? It would be great if you could add a comment too about what your child has said.

What are we doing this term?

We will be concentrating on throwing and catching to begin with. This will include investigating how far we can throw and measuring the distance, target throwing to develop accuracy, working in small groups or pairs which develop collaboration skills and using a range of props such as various sized balls, beanbags and quoits. Later on during the term, we will progress to using bats with the balls and beanbags.

Next half term, our focus will be on movement as we explore different ways of moving, building on from skills they have already developed. Some of the movements we will be practising include hopping, jumping, balancing and skipping. We will be encouraging the children to extend their vocabulary by using language associated with the movements such as stretch, strong, reach, tense, floppy, fast and slow. This will lead on to music and movement with the scarves and ribbons.

If your child is particularly interested in something, please do let us know. Lots of our activities are based on children's interests so the more you keep us informed, the more we can tailor the sessions to their interests.

Most of all, we'll be having fun!