

## HOW CAN I HELP MY CHILD IN PHYSICAL EDUCATION?

### *Higher and National 4/5*

- A high rate of attendance and participation is essential for course completion due to the practical set up of the course.  
For a variety of practical components, group participation is required; therefore continued absence would hinder a pupil's progress and that of others in the class.
- Appropriate PE kit must be taken to every lesson. This can take the form of Tracksuit bottoms, shorts, long sleeved tops, T-shirts, Jacket for outside when required and Trainers.  
For Swimming pupils must take appropriate swimming costume, towels and their own goggles if they need.  
Pupils are also encouraged to bring water to lessons.
- Ensure homework is at least attempted for the due date.
- If absent or any work missed, it is the responsibility of the individual pupil to find out what they have missed and collect the relevant notes from the PE Department.
- Asking the PE Department for further clarification is essential if a pupil does not fully understand what is being asked of them.
- **BOTH** theory and practical equipment must be brought to every lesson.
- Attendance at extra-curricular clubs is encouraged to enhance existing practical skills.
- **Observing** and **listening** to peers and professional athletes would reinforce understanding of the terminology, nature and purpose of the activity.
- Pupils should be encouraged to **Discuss** such performances performed by peers and professional athletes and identify strengths and weaknesses