

Dear parents,

I'm writing to give you a little background into the PE curriculum and physical literacy, as we will be delivering it within our PE lessons throughout the year.

This might be the first time that you have heard of the term "Physical Literacy". It's a relatively new concept, but it has gained a lot of attention in discussions around child development.

At Hunters Bar Junior School, we believe that physical literacy is just as important as reading, writing, and arithmetic. Physical literacy helps children to become more physically active. We believe that physically active children:

- Get higher grades in school.
- Have better social skills.
- Are happier and more confident.

What is physical literacy? It is basically competence in a wide range of fundamental movement and sports skills. It develops over time as children acquire basic skills such as running, jumping, skipping, catching and throwing during childhood.

Children who are physically literate have the confidence and ability to do different physical activities and sports according to their interests. This means they are more likely to enjoy healthy physical activity throughout their lives.

As part of our PE curriculum, your child will participate in physical activity sessions up to twice a week. The activities are non-competitive and focus on simple, fun games that develop targeted movement skills.

Year 3-4 will focus on developing their physical literacy skills. Year 5-6 will refine their physical literacy skills as well as looking at developing their tactical and technical understanding of sport. Pupils may also refine their skills in other areas in school such as lunch/After School clubs, active breaks etc.

If you have any further questions or would like any more information, please do not hesitate to get in touch.

Sincerely,



Mr Adebola

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WHAT IS PHYSICAL LITERACY?



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PHYSICAL LITERACY LIFE CYCLE

Physical literacy is when kids have developed the skills, confidence, and love of movement to be physically active for life.



HOW IS PHYSICAL LITERACY DEVELOPED?

Kids develop physical literacy gradually through a variety of structured and unstructured activities. The nature of these activities changes as kids grow in age and ability.

0-3 years
Encourage early movement.

3-5 years
Expand on play, and keep it fun.

5-8 years
Increase the focus on fundamental movement skills.

8-12 years
Introduce more complex skills as kids are ready.

