

9th October 2019

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 at 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,

A handwritten signature in black ink that reads "B. Adebola".

Mr Adebola

P.S. – We will be using activity plans from Active for Live (activeforlife.com). The Active for Life website is a great resource if you want to learn more about physical literacy and how to help your child to develop skills and confidence in physical activity. We encourage you to check out the website for activities you can do at home, plus interesting articles and stories.

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