

Physical Education, In English:

We are teachers Ellen and Tom and we are the physical educators of this school. We provide physical education to your child twice a week. It is extremely important to us that your child feels comfortable in the sport and exercise culture. We stimulate this by tailoring physical education to the strengths of your child.

A pleasant association with sport can provide a basis for a healthy and sporty life.

In recent years, there have been many reports of lower movement skills in children. This is often due to a lack of sports and play in the neighborhood and to a wide range of distractions, such as gaming and social media. In addition, the range of activities for children is often one-sided: as soon as the child is connected to a sport, it remains there and experiences only the movements of that sport.

Our goal is to offer a diverse sports pattern in our P.E. classes.

This is to offer an optimal preparation for participating in the sport and movement culture.

Practical issues

- Each child from group 3 to 8 has physical education twice a week from a certified teacher. The PE schedule will be sent at the beginning of the school year by your group teacher.
- We use the MQ Scan as a motor skill screening test. This means that we test your child twice a year for basic movement skills. The scores are shared with the group teacher. If there are special scores you will receive a message from us about a possible follow-up process.
- Every week we work according to the method of the basic document Physical education for primary education by Mooij, et al. (2011). This has been based on the 12 learning theme model, containing subthemes that specify each learning theme. The following learning lines are assumed here:
 - Balance, climbing, swinging, rolling over the head, jumping, running, aiming, juggling, goalscoring games, games of tag, wrestling games and dancing.
- Twice during the year we will be conducting the shuttle run test as part of our fitness and endurance screening process.

Group 1/2 (in the Playroom)

The children of group 1/2 exercise 2 to 3 times a week in the playroom. For each child of group 1/2, a gym bag hangs on the coat rack in which you can put on your child a pair of appropriate and easy to

put on sneakers (with name). The lessons are provided by their own teacher. So the children gym in underwear and shoes with their own name on it.

Group 3 to 8 (in the gymnasium)

Important rules for PE:

- Your child has proper clothing: breathable and stretchy sportswear (preferably shorts), indoor shoes WITH socks and a hair band when he/she has long hair.
- Jewelry goes OFF, bracelets need a sweatband, otherwise we will have to cut them off.
- No undershirt! If a child wears a shirt or shirt underneath, there is less heat dissipation and your child will overheat faster.
- If children do not bring gym clothes, they stay in the classroom, under the supervision of their own or another teacher. Before, during and after the gym class rules apply to guarantee the safety of the children.