

Dear Parent/Guardian,

We all set off on this journey of educating our children with the best intentions and like me you will have been bombarded with so many Educational resources. Now Easter is over I know many parents are struggling to keep up the momentum and we want to help you establish the most important life lessons. To ensure **your children are happy and healthy in body and mind**. Active Fusions' mission is to inspire young people to develop a love for being active. Therefore, we have created the '**PE Parent**' a free, easy to follow resource for parents to give their children a positive, progressive experience in PE.

All activities are age appropriate for Early Years Foundation Stage, Key Stage 1, Key Stage 2 and sessions for children with Special Educational Needs and Disabilities.

These mirror the national curriculum for PE, each key stage has been selected to show what children should be learning at their different stages of development. During school your child should be receiving 2 hours of PE per week. Our activities can be delivered in 15–20-minute sessions to fit around your lifestyle.

All activities can be done at home and can be adapted to using household items should you not have access to sports equipment. For each activity there is a games card detailing all the information on how to play and what you will need. We have also created a QR code which you can scan using your phone camera and it will take you straight to the instructional video on our YouTube Page.

Within the cards and videos, you will find several ways to progress each activity to challenge your child further should they need to. We share some 'top tips' to show what the children should be learning during each activity and some key questions for you to ask them.

Where possible make it a competition by challenging them to beat siblings, grownups or their own personal best scores.

Alongside the PE at home pack we have **daily 2pm challenges** every day on our Facebook page. We also upload a **structured, fun and progressive PE session every Wednesday at 2pm** which you can join in with.

We would love to hear from how you are getting on so please share your experiences to help inspire others. **To access all of our free resources please visit www.activefusion.org.uk good luck and enjoy being a part of your children's development.**

Stay Active and Stay Safe.

Lindsay James

Director – Active Fusion