SHANARRI

Being **ACTIVE**. You might want to think about:

- Trying new activities after school
- Attend a club
- Play outdoors as much as you can
- Less screen time
- Walk/bike /scooter rather than travel by car
- Making sure you have the right kit for PE
- Ensuring you get plenty rest, so a good bedtime routine
- Regular sporting activity
- Visit a local park
- Drink plenty of fresh water

The Getting it Right for Every Child (GIRFEC)

approach is about how we meet the needs of children, working with other adults where necessary to ensure they reach their full potential. It put children at the

centre and promotes a shared approach that:

- Helps the child and their family
- Enables children and young people to get the help they need when they need it
- Supports a positive shift in how we help children
- Involves us all working to improve life chances for children, young people and families

The wellbeing of children and young people is at the heart of getting it right for every child. The approach uses 8 areas of wellbeing:

- Safe
- Healthy
- Achieving
- Nurtured
- Active
- Respected
- Responsible
- Included

Kinross Primary School

SHANARRI

Family Learning

This month, think about:

Being Active

10 House Points

Make a ‘how to’ guide about being active. This could be a leaflet, poster, video, cartoon strip, slideshow, photostory etc	10
Have your kit for PE each week	10
Walk/scooter/cycle to school for a week	10
Play a game outside with an adult, following the rules and instructions	10
Try something new—push yourself to try even if it looks tricky	10
Volunteer to do some gardening either in your own garden or a relatives	10
Keep a screen time diary for a week	10

To earn my house points, I…

_____

_____

_____

_____

_____

20 House Points

Encourage your family to take part in an outdoor activity (go for a walk, cycle, play a game)	20
Play an outdoor game with a group of children your own age, following the rules and instructions	20
Time yourself walking a mile, can you improve your times? Keep a chart	20
Make a poster to encourage others to try a sport you enjoy	20
Attend a sporting club or extra curricular activity	20
Teach a younger child a game in the playground to get their heart rate up	20
Increase your daily step rate using a pedometer or phone app	20
Make a ‘how to’ guide about being active. This could be a leaflet, poster, video, cartoon strip, slideshow, photostory etc	20

Parent / Carer Signature

_____

Date

_____

30 House Points

Make a ‘how to’ guide about being active. This could be a leaflet, poster, video, cartoon strip, slideshow,	30
Write a ‘report’ for your learning journey jotter describing an activity you have taken part in and enjoyed	30
Cycle round the loch—16miles—with an adult	30
Create a playground game for others to play, complete with rules and instructions	30
Football ‘keepie uppie’ challenge. How many in 5 minutes?	30
Achieve a first, second or third on sports day during your class race	30
Lead a group or a sporting activity at a club	30
Create and perform a dance routine for the talent show.	30

Self Assessment