

10 Key Guidelines for Parents - Helping to Stimulate Your G&T Child in Physical Education and Sport

- (1) Visit the Natural History Museum, especially the 'how the human body works' section.
- (2) Watch/record/buy tickets for various levels of sports competitions.
- (3) Take your son to see a top level sports event, where possible.
- (4) Encourage your son to utilise the school fitness centre and resources at school.
- (5) Ensure your son is representing their school at Sport and enrol your child in a local sports club, if they aren't playing regular competitions.
- (6) Encourage your son to visit www.brianmac.co.uk and compare their fitness test results to national averages.
- (7) Explore www.teachpe.com website. This is aimed at teachers but sometimes has information that parents can use with their children (activities, links).
- (8) Discuss current sporting issues, results and scandals with your son; help them formulate opinions and develop their own sporting morals. Encourage your son to read and take an interest in a range of sporting stories from around the world. (There is a free sports newspaper available from the PE office.)
- (9) Help your son develop a training log book in conjunction with the school VIVO system to record progress and injuries etc.
- (10) Do not allow your child to over-train; however, do encourage them to play a range of different sports.