

Bennettsbridge N.S.

Supporting your Child's Learning



Dear Parents,

As part of our SSE our school is focusing on the development of movement skills. There are 15 skills which are divided into three categories. It takes 3 years approximately to work through the programme.

Locomotor Skills Transporting the body in any direction from one point to another	Stability Skills Balancing the body in stillness and in motion	Manipulative Skills Control of objects using various body parts
<ul style="list-style-type: none">• Walking• Running• Hopping• Skipping• Jumping for height• Jumping for distance• Dodging• Side stepping	<ul style="list-style-type: none">• Balancing• Landing	<ul style="list-style-type: none">• Catching• Throwing• Kicking• Striking with the hand• Striking with an implement

As we learn a new skill as part of PE, your child's teacher will send home ways to support your child's learning through outlining suggestions of how the development of the skill can be supported at home.

We hope you and your child enjoy the programme.

Kind Regards,
Staff of Bennettsbridge N.S.