

Outcomes:

Physical Education
Learning

Fundamental Motor Skills: measurement of Running, throwing, kicking and fitness testing benchmarks.

The learning of skills Practice/ rehearsal, Copying others, Trial and Error, Role Models

The importance of warm up/ cool down- benefits

Rules and regulations for a range of sports and the roles of official's physical activity and for more advanced activities



Over the last few terms in PE the pupils have really stepped up their game. Students have taken part in a variety of physical fitness tests to compare themselves to learners of their own age. They performed press ups, sit ups, jumped, sprinted, ran and measured a variety of throws, kicks and hits. To some, it was an eye opener as to how hard you have to work to maintain and keep your fitness, to others it was just 'hard work'! Having this baseline data will now show our students how much they have improved and give them targets to work to. Pupils have looked at the importance of warming up and cooling down and how vital this can be to prevent injury and maximise performance. On some occasion students have took the warm up for staff to work on, and improve their coaching and communication skills.

PE is now involving all learners of the school taking part and working together to learn new sports and activities. Last term, we all learnt how to play badminton at the Hudson Sports Centre. Pupils quickly came to grips with this lively game and in only a few weeks were improving their serves, overhead clear, drop shots and getting ultra-competitive. It was great to see learners who would not usually work together, collaborating, communicating and supporting each other at improving their badminton skills. Next up, basketball! How will we get there with no travelling allowed 😊 (basketball pun)

Quotes:

"I hate sit ups"

"If I do any more press ups, I won't be able to move my arms"

"Badminton looks so easy...Its not though is it."

