



## LKS2 Feedback from children about Physical Education (July 2023)

### General questions about Physical Education

*Children from Reception, Key Stage 1 and Key Stage 2 have feedback on Physical Education. Some of the questions asked may have been slightly re-worded so they were accessible to children of all ages.*

<b>What is Physical Education about?</b>
<ul style="list-style-type: none"> <li>• Getting your core ready and getting stronger</li> <li>• Exercising and helping mental health</li> <li>• Having fun and having a diversity of sport</li> </ul>
<b>Why is Physical Education important?</b>
<ul style="list-style-type: none"> <li>• It can help you learn things and do things that you couldn't before.</li> <li>• It keeps you fit.</li> <li>• You can try out new sports.</li> </ul>
<b>Tell me about your favourite piece of work in Physical Education and tell me why you enjoyed learning about this</b>
<ul style="list-style-type: none"> <li>• Swimming – it is fun and important to know how to swim.</li> <li>• Rounders was really fun and it is a good game where you learn to hit the ball.</li> <li>• Football cricket was different and fun.</li> </ul>
<b>Are there any areas in Physical Education that you are still unsure about?</b>
<ul style="list-style-type: none"> <li>• Balancing can be difficult.</li> <li>• One of the videos where you have to stay in a press up position and move the cone. I needed breaks.</li> </ul>
<b>How do you know if you are doing well in Physical Education?</b>
<ul style="list-style-type: none"> <li>• Your teacher tells you.</li> <li>• You feel confident in something and you enjoy it.</li> <li>• You feel rewarded and you might feel tired.</li> </ul>
<b>What happens if you are finding work difficult in Physical Education?</b>
<ul style="list-style-type: none"> <li>• Keep trying until you can do it.</li> <li>• Ask for help from a friend.</li> </ul>
<b>What do you need to do to improve your learning in Physical Education?</b>
<ul style="list-style-type: none"> <li>• Keep trying and never give up. We do new things so you have to keep doing them.</li> <li>• Practise and ask for help.</li> </ul>
<b>In Autumn term you completed some work on social skills and teamwork in Physical Education, what can you tell me about it?</b>
<ul style="list-style-type: none"> <li>• We had to do a walk with a person with you - they acted as a guide.</li> <li>• We had bibs with people holding them and you had to work together to tag. If teammates let go you have to pull up.</li> <li>• We had a ball and it had to go from one person's arms to another.</li> </ul>
<b>If you were to complete this work again, what would you do differently?</b>
<ul style="list-style-type: none"> <li>• Communicate more and make sure everyone know what they are doing.</li> </ul>
<b>Can you explain what some of this Physical Education vocabulary means?</b>
<ul style="list-style-type: none"> <li>• Chest pass – children modelled a chest pass and discussed that different ball sports (basketball/ netball)</li> <li>• Stamina – how long you can last or until you lose your breath. It's like good energy when exercising.</li> <li>• Body tension – When your muscles are tight or tense.</li> <li>• Burpee – One of the children modelled a burpee.</li> <li>• Consistency – Doing something over and over and keep having multiple good things.</li> </ul>
<b>Can you think where this learning link to things that you have learned before in Physical Education with a different teacher?</b>
<ul style="list-style-type: none"> <li>• A lot of the sports we have done before.</li> <li>• Some of the skills we have done before and try and get better in – like dropping the tennis ball.</li> </ul>

***'Never settle for less than your best'***



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### Subject specific questions about Physical Education

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#### **How do you stay fit?**

- Exercise every day.
- Eat healthily – have a good diet. Children discussed a balanced diet.
- Mentally fit too but that is more PSHE than PE.
- You need a good immune system too. It can be hard to stay fit if you are poorly.

#### **What does a PE lesson look like?**

- It could be anything – do different sports and different equipment.
- We often use cones or sometimes different types of balls.
- It can be balance or gymnastics.
- Swimming is outdoor PE now so that is our PE lesson.

#### **What game could you make using this ball? (tennis ball)**

- Throw and catch where you can't drop it.
- Pass around in a circle.
- Play tennis or make tennis rackets.
- You can drop it and try and catch it as soon as possible.

#### **Explain how I might improve mental health**

- Keep on learning.
- Don't give up.
- Stay calm and have a calm mind. Tell someone when you need to.
- Try to train yourself not to get sad sometimes, but it is good to be sad from time to time and to express emotions.

#### **What do you do at home that helps with PE?**

- Playing in the back garden.
- I have lots of sports at home like rounders and water polo or cricket.
- Cricket made my throwing and catching improve a lot.
- Riding your bike to school can help.

### Action to take as a result of Pupil Feedback on Physical Education

It was great to hear reference to the videos shown as part of REAL PE – promote these tools to show children how to improve in relation to the coloured challenges.

Though children were clearly taught using the REAL PE platform, they need to show more awareness of the specific cogs and skills being taught. Make use of time at the beginning/end of lessons to reinforce the learning and show the lesson objectives.

A clear link between PE and mental health needs to be promoted within PE. Children discussed some aspects of looking after themselves but need further input on the positive impact of physical activity on the mind.

**Next Pupil Feedback review: Summer Term 2024**

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