



## Feedback from Key Stage 1 children about Physical Education (June 2022)

### General questions about Physical Education

*Children from Key Stage 1 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 heart racing and getting blood pumping.</li><li>• You learn about exercise and about the body.</li><li>• You do physical exercise and run around.</li></ul>
<b>Why is Physical Education important?</b>
<ul style="list-style-type: none"><li>• To keep you strong and fit and healthy.</li><li>• So you get good at sports and might play for a team.</li><li>• We have indoor and outdoor lessons.</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>• Not sure about a favourite because I like it all.</li><li>• I liked the rolling and stopping the ball challenge and having to be really quick to get there in time. I was really good at it.</li></ul>
<b>Are there any areas in Physical Education that you are still unsure about?</b>
<ul style="list-style-type: none"><li>• It's hard when you have to do lots of running and no stopping because I get tired.</li><li>• I sometimes can't balance very well and might fall over and not stand on one leg.</li></ul>
<b>How do you know if you are doing well in Physical Education?</b>
<ul style="list-style-type: none"><li>• You can do the things really well like the rolling challenge.</li><li>• You don't get as tired as you did.</li><li>• You can run around for a long time.</li><li>• Sometimes the teacher says that you have been good in the lesson.</li></ul>
<b>What happens if you are finding work difficult in Physical Education?</b>
<ul style="list-style-type: none"><li>• The teacher will help you or tell you how to get better.</li><li>• You need to have a rest and get some breaths back.</li></ul>
<b>What do you need to do to improve your learning in Physical Education?</b>
<ul style="list-style-type: none"><li>• Be able to run faster and longer and practice more.</li><li>• Do throwing and catching with a ball and then kicking too.</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>
Children needed reminding of the activities and skills that were taught during this topic. The children remembered the activities. <ul style="list-style-type: none"><li>• You worked with a partner and played games together and sometime copied each other.</li><li>• You talk to each other and do things better as a team.</li><li>• We did some jumping together and had to jump the furthest and help each other.</li></ul>
<b>If you were to complete this work again, what would you do differently?</b>
<ul style="list-style-type: none"><li>• Try harder in the lessons and listen better.</li><li>• Jump the furthest and beat everyone.</li></ul>
<b>Can you explain what some of this Physical Education vocabulary means?</b>
<ul style="list-style-type: none"><li>• Agility – not sure about it.</li><li>• Underarm – when you throw something like this (modelled underarm throw)</li><li>• Mirroring – like copying something like when you look in the mirror and see the same thing.</li><li>• Technique – how you do something and what you are meant to do.</li><li>• Relaxation – being relaxed and not worrying and being calm.</li></ul>

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



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#### **Can you think where this learning link to things that you have learned before in Physical Education with a different teacher?**

Children found question difficult and needed some prompting.

- We do some things with the balls before and now we have to get better and can do different things.
- I'm better at catching now and throwing too.
- I can run faster and we did different types of running.

### Subject specific questions about Physical Education

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

- Get your heart pumping and do exercise.
- Get bigger muscles and do lots of running.
- You can do some exercise at home and run around.

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

- You do different exercise and play different games.
- It is different because you wear PE kit and sometimes the lessons are outside or you might go in the hall.
- You might use different things like in the cupboard or the teacher gets things out like benches.
- You can use different things like footballs.

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

- You can do the rolling game and see if you can catch it up.
- You play tennis with it.
- I could use it to play football with friends.

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

I explained what I meant by mental health – keeping the mind healthy

- Do some breathing and keep you feeling better and don't get angry.
- Do lots of reading and learning.

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

- You can run around outside or in the garden.
- I play football with my dad.
- You can do exercise.

### Action to take as a result of Key Stage 1 Pupil Feedback on Physical Education

The children gave some extremely goofy answers concerning PE and its importance, however the link between mental health and physical health needs to be emphasised and it is ideal to do this at a younger age. Children should be able to discuss that fitness includes things like eating healthily and looking after the mind as well as the body.

Children struggled to discuss specific skills and how to improve. They were familiar with the videos used in REAL PE – use these as the foundation to talk about next steps. It is also an opportunity to recap previous learning and where the children came from. Get them to model how to improve or assess each other's techniques.

Children struggled with some of the vocabulary asked from the children. Make use of the progression document which ties in to the units that children are learning. Model the language and be sure to explain meanings of words throughout sessions. The specific cogs associated with REAL PE need more reinforcement as children could summarise the skills they had learned but not give precise language. Both at the start and end of the lesson, time should be dedicated to the skills that children are learning, introducing the different steps and then reinforcing what they have learned through plenary activities

**Next Pupil Feedback review: Spring Term 2023**

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

*Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12*