



PE SUPPORT

Autumn 1 2018

This half term I have been working with Karis Doy, Alice Croucher and Sam Gray in year 1/2, following a multi-skills unit, learning the basics of agility, balance and co-ordination. This has included mini games of 'tag' to encourage quick foot movements and change of direction, being a 'pirate' balancing equipment of their bodies, aiming for a target to improve their ball skills and most recently learning about how to twist and turn their bodies. All the skills are linked to sports and activities the children could be involved in as they get older. For example being able to change direction at speed is an important skill in all team games. One of the most popular lessons was 'Popping Pirates' where the children were put into small groups, one child was the pirate and had to stand on one leg and the others in the groups had to balance as much sports equipment as they could on their body. When they had achieved this (showing good balance!) they were allowed to 'pop' and shake all the equipment off!

'I liked it when we did the hoola hoop because I put it over my head.' Maxus

'My favourite was when we twisted and turned because I've never been taught that before and I liked it.' Lexi

'I liked when we rolled the dice and we see what number and then we balanced.' Leah-Mae

'My best was when we had the bean bags and we passed it along.' Maisie



'Popping Pirates'

Girls showing how to do a 6 point balance in a pair



4 point balance

I have also been teaching year 5 tag rugby. This has proved very popular, with the children learning new skills such as protecting their own 'tag' by moving quickly in different directions to avoid an opponent but also stealing another person's tag. Throwing and catching a rugby ball was quite a challenge for some but with lots of practise, I can see some real progress. The small sided games are starting to show real promise, the most difficult concept being to throw the ball backwards! Also learning to play by the rules and accept that you can't always win, is teaching the children some very valuable life lessons.



After school on a Wednesday I have started hockey club again. Using the smaller 'QuikSticks' which are specifically designed for the junior age group, the children have been practising the basic skills, most crucially the reverse stick control. The games have been eagerly competed, with some great goals and last ditch defending.



Sally Serridge – Primary P.E. Specialist

