**Visit to Giraffes Class for PE- Spring Term 2023**

This afternoon, I had the pleasure of joining Giraffes class for their PE lesson in the hall. The session was led by Mr Campbell and Kieran with Mrs Randall and Mrs Welch supporting. What struck me immediately was the enthusiasm from all the children to get involved and give all the activities a go, regardless of how challenging they might find them.

The session started with a warm-up. All the children were engaged and responded to Mr Campbell explaining why each warm-up exercise was important. The class were eager to volunteer answers to any questions asked and it was great to hear them engaging in a group discussion around the activities.

Before each activity, Mr Campbell and Kieran gave a clear description of what the class were expected to do and used demonstrations to further support the children’s understanding of the task. Following this, it was obvious that the children felt very confident in what they were required to do. Today’s lesson focused on ball skills and the children were encouraged to practise bouncing and throwing a ball. Throughout each activity, the staff offered constructive feedback and praise to each child to help them improve. When asked at the end of the session, every child in the class fed back that this had helped them to improve their skills. I found it refreshing that the pupils were given the opportunity to feedback and take an active role in their learning. Based on their response, I’m sure they appreciated this too!

Although there was naturally a focus on physical education and developing fine and gross motor skills during the lesson, it was also fantastic to see other important life skills incorporated into the teaching. This included the children learning and understanding rules within the game, the importance of having rules (such as for safety) and the consequences of not adhering to these rules. The children also had the opportunity to develop their team work and problem-solving skills when they were required to devise a way of getting their ball into the goal without the other team taking control of the ball. This also taught the children how to cope with winning and losing, and considering other people’s feelings as part of this. As well as team work, there was also an opportunity for the class to work in pairs. The development of social skills underpinned both the pair activity and the team activity. Children were encouraged to help each other, to share and to organise themselves. Throughout the lesson, the class were also prompted to remember their appropriate listening skills.

I had a lovely afternoon with Giraffes class and would like to thank the children, Mr Campbell, Mrs Welch, Mrs Randall and Kieran for welcoming me today. I was very impressed by the children’s eagerness to join in and learn new skills and was pleased that they had so much fun doing so. I can’t wait to visit again next term!

Beth