



UKS2 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

<p>What is Physical Education about?</p> <ul style="list-style-type: none"> • Complete a lot of exercise and play different sports. Make sure you do a lot of moving. • Not just sitting around – getting your heart rate pumping and staying fit and energised. • Eating healthily. • Having fun. • Working together and being part of a team.
<p>Why is Physical Education important?</p> <ul style="list-style-type: none"> • So you can stay healthy and active. You can stay fit and know what to eat. • It keeps your mental health. It can keep you happy and positive. • It can help you once you leave school because you will stay fit.
<p>Tell me about your favourite piece of work in Physical Education and tell me why you enjoyed learning about this</p> <ul style="list-style-type: none"> • Playing cricket or rounders – it was really fun. • Indoor PE where we played the floor is lava and had to work as a team. • Hockey – you can learn new games and skills and we had to manoeuvre the ball to get past people.
<p>Are there any areas in Physical Education that you are still unsure about?</p> <ul style="list-style-type: none"> • Football – usually the boys are too rough and it can be unfair. • Running – I find stamina difficult and cannot run for ages. • Football because people don't pass and I don't get to play as much. I haven't done it much before and would like to show my talents.
<p>How do you know if you are doing well in Physical Education?</p> <ul style="list-style-type: none"> • People tell you that you are doing a good job or maybe you win the game. • It's about how you communicate. And you know if you are getting fitter. • If there are different levels to an activity and you get to move up a level.
<p>What happens if you are finding work difficult in Physical Education?</p> <ul style="list-style-type: none"> • You can ask a teacher for support. • Try to find a slightly easier way but you need to show endurance. • Start off a little easier and then build up so you can do the hard level.
<p>What do you need to do to improve your learning in Physical Education?</p> <ul style="list-style-type: none"> • Trying your best. • Listening skills and concentration. You have to have focus. • Sensible attitude and good behaviour. • Listen to the teacher more and do what they are showing you.
<p>In Autumn term you completed some work on social skills and teamwork in Physical Education, what can you tell me about it?</p> <ul style="list-style-type: none"> • We did the lava game where you have to get from one side to the other but there aren't enough things to get across so you have to work as a team. • We had hula hoops where only one person could fit in them. • You don't always have to be first – you need to work as a team.
<p>If you were to complete this work again, what would you do differently?</p> <ul style="list-style-type: none"> • I found a new tactic in dodgeball to try and stop getting hit. • I started with a false start in some acceleration in athletics so I would do this again. • Sports day – I would like to get better at javelin because I only got a merit.

'Never settle for less than your best'



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Can you explain what some of this Physical Education vocabulary means?

- Intercept – when the other team stop the ball or block it getting to a player. The other team get the ball.
- Overlap – Do extra one or two laps in cross country?
- Awareness – knowing where the ball is and where to kick it. Looking around before to have a plan.
- Personal skills – throwing things to yourself. Games you play on your own.
- Cognitive skills – not sure what that means.

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

- We had running in year 5 and we did it again.
- We play the same sports in some years.

Subject specific questions about Physical Education

How do you stay fit?

- Eat healthily. Don't eat a lot.
- Do ten minutes of exercise every day.
- Stay hydrated.
- Think positively and talk to other people. It can be mental health.

What does a PE lesson look like?

- It can be anything – it affects your heart and your brain.
- It can be whatever sport you want it to be – we do lots of sports (names extensive list).
- Teamwork with friends.
- Sitting down whilst the teacher shows you an explanation and then going and doing the skill. You can get help if you need.
- Learning things for you to go and do.

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

- Playing tennis or a game with a bat. Rounders would work.
- Mini football would be a fun game. Or rolling it like a bowling game.
- Throwing and catching games. Or you could play a version of golf.

Explain how I might improve mental health

- Talk to people about things like problems.
- Keeping calm and being out in nature.
- Outdoor PE is good and running or exercising and doing things that make you happy.
- Make sure that you are comfortable – teachers will try and make things not too hard but not too easy.
- Meditation.

What do you do at home that helps with PE?

- Playing football in the back garden.
- Running around and playing with family.
- Going on a bike or scooter. Or just going on walks.

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

Jamsine PE is clearly taught, but the understanding of the skills and abilities within the platform was poor. Ensure that time is used at the start/end of lesson to ensure that children are aware of the 'cog' that they are learning and the different skills that they will be improving.

Children were not all aware that primary children are expected to have at least 60 minutes of physical activity per day. They also needed prompting to make the link between physical fitness, mental health and a balanced diet. Promote these during PE lessons – 'wet' lessons or lessons with no hall time are a great way to do this.

Next Pupil Feedback review: Summer Term 2024

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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