Class 6 Governor visit 20.05.2015.

Good afternoon Ms O’Brien and Class 6,

It was so nice to see you all today and what a day. I feel this was one of my best ever visits, what a full afternoon you had. It was great to be able to see you doing your PE Lesson today (gymnastics) and to see Mr White from Claire Mount School (specialist PE Teacher that the PE funding has been spent on for the pupils of Orrets and the staff to improve the whole school and teaching of PE)

Mr White and Ms O’Brien started their lessons off with mobilisation and warm up exercises, everyone had a warm up card to show them key areas (hip ankles and neck) to be warmed up. This was also shown on the white board in larger form. They also explained to them were there core strength needed to be, the key word was tension. The lesson focused on pencil rolls, tuck rolls, teddy bear rolls, egg rolls and forward rolls. This was explained step by step explaining how each roll was to be done, it was also modelled on the white board. They then got to practice this individually and in pairs on the mats, everyone managed a forward roll by the end of the lesson by supporting each other. Mr White and Ms O Brien were very encouraging with the pupils complementing them on how well they did and supporting them where it was needed.

Thank you very much for sharing your PE lesson with me, it was a joy to see all the pupils working well together, excellently behaved as ever.

Ian Patten

Class 6 Governor