Summer 2019

Ian Patten, Class 7 Governor.

I visited the school today to see a PE lesson.

I was made very welcome by the children and staff on a damp afternoon. The children were very excited to get outside.

The lesson was started with children having a warmup of,

* Raising the heart rate by a jog (pulse raiser)
* Joint mobility
* Stretching muscles

The children paired up to carry out these warmups supporting each other.

I found that all the children supported each other well. Practising their throwing and catching from short and long distances and using an assortment of soft sponge and tennis balls in different sizes.

They were then asked how they could make it easier or harder for themselves to carry out this activity, there suggestions were using larger balls to make it easier to catch, and even shorter distance. They also suggested making the distance wider to make it harder and to use a smaller ball.

This half term they have been practising cricket, they also paired up for his activity and all had a turn to practice bating, fielding, bowling, umpiring and keeping records of the score. They all worked hard and supported each other in these tasks.

The lesson concluded by asking everyone what they felt their strengths and weaknesses were, they decided they needed to work on their bowling skills.

I would like to thank all the pupils in class 7, Miss Obrien and all the staff for making me welcome.

Ian Patten 09.05.2019