

## Powerstock PE Spring Term 2021

This term proved to be extremely difficult for pupils, teachers and parents as the country went into a 3<sup>rd</sup> lockdown due to the corona virus pandemic. This meant that most pupils stayed at home with only a handful of key worker children in school. The PE curriculum was severely disrupted and a new approach was required.

Initially, the PE lead (Mrs Cleden) sent some ideas and work to all families. These included a sheet of activities focused on ball rolling and throwing that included increasing challenges to cater for all ages and abilities; also a fun physical Snakes and Ladders game that proved to be truly exhausting but fun! Many of the children came up with their own ideas and adapted the game themselves. Many of the children engaged with these activities and ideas with other family members (mainly siblings) and some dedicated pupils completed them on their own! Completing Joe Wicks videos was also encouraged and many did follow his daily workouts both at home and in school too.

Our PE coach (Ryan Hobby) was unable to come into school during this time, but as he could provide some expert PE input, from February, he provided weekly videos for all classes to follow. They were carefully considered for their appropriateness for each age group and included introductory activities and development. The challenges focused on ball skills, control, accuracy of throwing, catching and kicking that were all put into fun games scenarios that could be completed indoors in pupils' own homes or outside, using equipment that would be easily available to them. To help support each family, the school sent home a tennis ball, Frisbee and racket for each family.

In addition to this, school also sent home a PE Journal that pupils were asked to use to help them structure their physical activity and record what they had done. This encouraged them to identify the physical activities they were also doing beyond the supported videos. These included family walks, riding bicycles, playing active games with other family members and so on. The journal offered suggestions for simple activities to improve strength, stamina, balance and skill. The children were encouraged to attempt some suggested activities, write down what they had achieved so that some form of progression could be recorded and give them opportunities to record other activities they had completed as well as note down how they felt about any physical activity they had

engaged with each week. Parents were informed about these journals and encouraged to get involved with their children too.

Those pupils who were in school also took part in the online videos set up by the PE coach, but they were also fortunate enough to continue running the Daily Mile, enjoy outdoor break and lunchtimes and engage in PE lessons in school including badminton, table tennis, dance and ball skills. Experiences were shared on class zoom lessons to help encourage each other too.

Towards the end of term, all pupils returned to the classroom and PE continued to be a key feature of each week. Classes enjoyed going out for walks around the village, and Key Stage 2 got involved in an inter school Rounders competition set up by Ryan Hobby (PE coach and SSCO). The children thoroughly enjoyed this and it was clear to see how good their ball skills were in both throwing, hitting and catching/fielding the ball. They enjoyed working together as a team again.

All things considered, Powerstock School has continued to recognise the importance of PE for well-being and health and worked hard to engage children and families in activities albet at home or school.