**Wolves PE Governor Observation**

This afternoon I had the pleasure of joining Wolves class to observe their PE lesson. As I entered the school hall there was calming music playing along with sensory lighting and a relaxing scene on the smart board.

The children were called one by one to take hold of a parachute handle. Those children that required extra support during the lesson had a member of staff with them throughout. The children were given clear and simple instructions on how to move the parachute from gentle waves to arms up and down faster followed by running under the parachute and swapping places with friends. To end this section of the lesson the children lay on the floor while the staff waved the parachute over them. The children were then instructed to take deep breaths.

Next the children were each given a spot to sit on around the hall. Miss Dunning then demonstrated how she would begin as a seed curled up on the spot and slowly stretch up to grow into a flower. Each child followed the instructions after watching the demonstration, staff would move to any child that needed any extra support. The children were then asked to put forward their own ideas of how they could move, they demonstrated it to their friends and then they would all join in. They were all eager to give a suggestion and were clearly excited when they were chosen. Their ideas included: hopping like a frog, growing into a tree, balancing. All of the children took part and were happy and engaged throughout.

Miss Dunning then explains to the class that as they were learning about India they were going to learn some Indian dance moves. This was great to see that even PE was being taught as an integration of their topic. A couple of the children required a break at this point so a member of staff took them back to class with some musical instruments so that they could make their own Indian music and have a dance back in class. The children practiced a couple of moves as demonstrated by Miss Dunning and this was then followed by a YouTube video of an appropriate level for the children to follow. They were then given ribbons and time to move around the room however they wished and to express themselves to the Indian music. The children were beaming as they dance, skipped and hopped around the room.

The lesson ended with a stretch and cool down. The children then wrapped their arms around themselves and shouted "I did great!"

This was lovely to see such positive reinforcement for their mental well-being.

It was clear they had all really enjoyed themselves and didn't want the lesson to end.

Thanks

K Jones – Wolves Class Governor