**Orrets Meadow School**

**PE Governor Class Report - Bears**

**Wednesday 8th February 2023**

It is always a pleasure and privilege to visit school and see the children of my adoptive Class ‘Bears’.

Today I was invited to see how a PE lesson was delivered to understand first-hand how the planning works out on a practical level.

The atmosphere of the lesson was full of support and positive feedback and the children really thrived in the environment that was created.

During this session Mr White who is a specialist sports teacher from Clare Mount School was in to share his expertise. Mr White came over to me to introduce himself and explained that the focus of upskilling teachers in Orrets was an important focus so that staff would feel confident to deliver P.E. He supported not only Mrs Fleming but continued to praise and acknowledge the children during the lesson so they to felt supported.

Mrs Fleming kindly gave me the lesson plan for this session, together with the long term planning sheet and a sheet that is used with Mr White to discuss and evaluate how the lesson went.

Focus three of the planning was to develop the dribbling skills when playing hockey. Mrs Fleming began with a health & safety briefing to the children about danger zones and about staying safe and keeping others safe. A really useful tool for them was to put stickers on the back of a child’s hand so they must be able to see this at all times when using the hockey stick. This encouraged keeping the stick no higher than the knee so pupils understood how best to not hurt one another. The session began with a warm up session and a numbers game, the positive language and clear precise instructions ensured the children understood what to do. One pupil had a space marked out for him and she clearly explained that the space was for him and that he needed to stay within the space as well as other pupils not entering the space. I later found out that this was the first lesson that he had managed to stay for the whole lesson. This reinforces how Orrets know their children and how best to meet their needs. The numbers game was well received and all pupils engaged in the session. Mrs Fleming used pupil names and encouragement throughout the lesson. It made for a really positive experience for them.

The session continued to develop the control of the ball called ‘dribbling’ and pupils worked individually and in pairs around coloured markers. Quite a challenge for some but all children enjoyed having a go. Having the lesson plan, you could clearly see how the plan informed what was taking place within the hall.

The lesson culminated in a hockey match between two groups which was very popular and Mrs Fleming watched to ensure all children had a go and felt included.

At the end of the session the lights were dimmed and pupils lay on the floor to cool down. Mrs Fleming went to every children and told them what she was particularly proud of in the lesson e.g. you tried really hard, well done you scored, you kept on trying. The whole atmosphere was one of positive feedback but tempered with clear precise instructions so that children could understand. The little boy who was allocated a whole space stayed the whole lesson, so this in itself was a huge step forward for him.

Mr White encouraged from the side and prompted Mrs Fleming if he saw something that may help.

After the session finished Mr White and Mrs Fleming modelled a feedback session so I could see how upskilling was actually put into practice.

What went well, what could be done better, if needed an action plan to improve and to think about was an activity worth keeping or not using.

In governor meetings we do know from feedback that Orrets Meadow is always looking to move forward and improve curriculum sessions to best meet the needs of some of the most complex of children and be as inclusive as possible. You could actually see how this works each lesson and it was reassuring to see that all the children kept on task, they did as they were asked, but most importantly how they felt comfortable and good about being in school. You could feel the trust between child and adult.

The school offers such a wide variety of activities for the children and I am sure that there will be future budding hockey players as well as in other sports.

Thank you for allowing me to join in and my thanks to Mrs Fleming, Mr White and all the children and adults present for making me feel included and welcome.

I look forward to returning to school again and seeing how the children are maturing and feeling more confident.

Orrets certainly gives them a space to feel valued and included. Well done.

**Cindy Cooper**

**Class Governor - Bears**