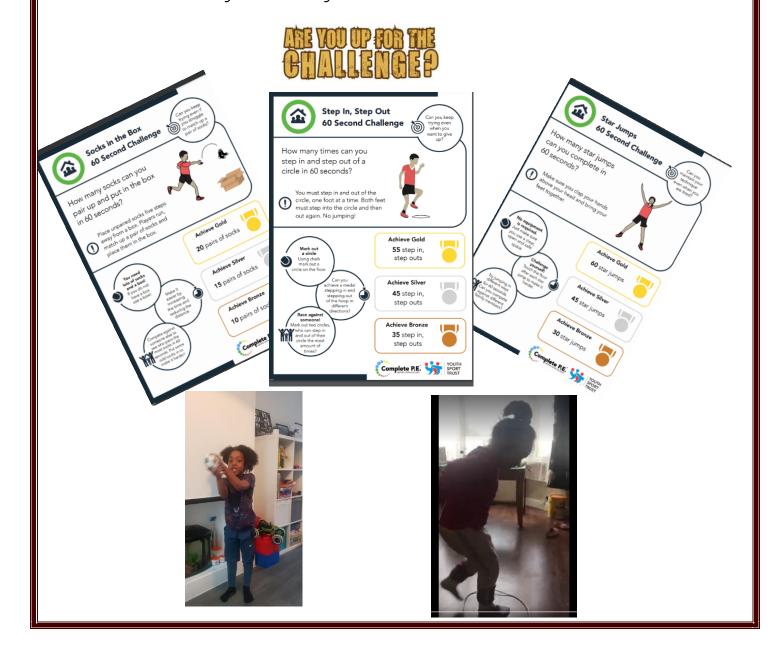
Physical Education Remote Learning

Throughout lockdown, we saw the importance of encouraging pupils as well as teachers to increase their Physical Activity. Teachers were provided with various resources to support pupils. Teachers taught live P.E lessons, set weekly challenges and Coaches provided pre-recorded lessons weekly.

WEEKLY CHALLENGES

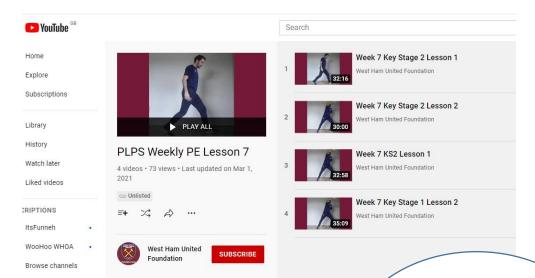
Weekly challenges were set for pupils to complete in between lessons to increase their Physical Activity.





FOUNDATION

West Ham United Coaches provided two lessons weekly for KS1 and KS2 to continue to support Teachers and Pupils throughout lockdown.



'I enjoyed everything. I like keeping fit.'

Hannah Year 2

'I liked curling up into a ball in our yoga lesson with Ms Sandy. I like the seed pose'.

Gabriel Year 2

'The lessons were challenging but I liked doing it in my own time.'

Niyah Year 4

'I liked doing all the ball skills'.

Benedicta Year 4

'I had lots of fun being active.'

Hiyabel Year 5

Coach Kelvin



Coach Kelvin taught weekly live lessons to Year 5 and 6. He focused on body conditioning, stretches and footwork and always started with a motivational speech to uplift our pupils' spirits.

Some warm ups were hard but I enjoyed them.'

Theia Year 5

'I liked that each session was different.'

Chenae Year 6

'It was challenging because of lack of space and I missed the real lessons Coach.'

Prince Year 6

'The exercises were good but foot fire was tricky.'

Romeo Year 6



P.E with Ioe



The Body Coach came to the rescue throughout the pandemic by providing weekly sessions via YouTube. This helped our families to stay fit during difficult times and quickly became part of children's' daily routine.

'I liked them because they were easy to do and it was a good thing to do to start the day.'

Kendiel Year 5

'It was difficult to do because of my family's work schedule but I'm happy I was active'.

Aiden Year 6

'I liked the exercises and it was a great way to be active.'

Jaedon Year 5



Pupils also had the opportunity to develop their yoga skills and complete meditation exercises to support mindfulness and wellbeing with Cosmic Kids Yoga series via YouTube. This is for all ages but mainly EYFS and KS1 pupils enjoyed stretching their bodies like various animals and holding different yoga poses.



'I like the animal poses'.

Mya Year 2

'It was so much fun! I liked doing all the animal poses'.

Melany Year 2

'I enjoyed stretching and jumping'.

Savio Year 1