

Sport Wellington Key Messages

25 June 2020

PRIMARY SCHOOL CONNECT



Supporting a healthy, active region.



What is Physical Education?

We had an audience that ranged from teachers, sport convenors, council staff to external primary school providers. The purpose of this webinar was to increase our understanding around what quality Physical Education is and means. This question was posed to Celia Fleck, Sport NZ's Healthy Active Learning Capability Consultant.

"Physical education is the most effective means of providing all children and youth with the skills, attitudes, values, knowledge and understanding for lifelong participation in society."

(UNESCO World Sport Minister's Conference, 2013).



PE is learning IN, THROUGH and ABOUT movement

In movement: developing physical skills, learning to understand and move our bodies

Through movement: Using the context of movement to develop social skills, positive attitudes and values

About movement: Learning about social and cultural significance, examine the scientific aspects of movement



How to achieve Quality PE: Key points

Create a supportive learning environment: Positive reinforcement, everyone involved and moving, the process is more important than the product.

Enhance the relevance of learning: Clear learning intentions and curriculum links, outline the success criteria, facilitate learning conversations.

Apply the underlying concepts of HPE: e.g. hauora – thinking about the whole learner – physical, mental, social and spiritual wellbeing.

Provide sufficient opportunities to learn: Plan for all abilities (STEP differentiation model), think about amount of equipment and team numbers for optimal time on task, culturally responsive and inclusive.

Encourage reflective thought and action: Teacher to consolidate learning intentions and objectives – reference the success criteria. Allow children to embrace the creative process – modify games, allow free play and move the body creatively.



Questions and Answers

Q - What are some good first steps for schools to take to improve their Health & PE Curriculum delivery?

A - Open the HPE curriculum document, understand how holistic the teaching and learning is in PE. From here, you will naturally start to make links to other learning areas and realise how wellbeing is a big part of HPE.

Q - Have you seen some good examples of schools covering the HPE curriculum from within the classroom and through other curricular subjects?

A - Yes and integration is important to make links with literacy, numeracy etc. However, I feel it is important to maintain the unique aspect of PE learning which revolves around movement. PE is the only curriculum area that has a large focus on movement, so if that is the only chance students get to get outside and move, then it is important we take that opportunity.

Q - How would you explore choice and engagement in PE, particularly for those who may need some extra encouragement and motivation?

A - Using student voice: ask the children what they enjoy doing inside and outside of school. Then potentially using their favourite contexts to explore learning in PE through those interests. Also, giving students an opportunity to experience success outside of a physical outcome e.g. showing good teamwork, trying your best rather than "have they scored goals"?



Useful Resource Links:

Sport Wellington's School Support webpage:

<https://www.sportwellington.org.nz/covid-19/info-for-play-active-recreation-and-sport-sectors/school-support/>

Balance is Better website: <https://balanceisbetter.org.nz/>

Karen Laurie's Article: <https://balanceisbetter.org.nz/the-value-of-sport-in-challenging-times/>

Physical Literacy approach: <https://sportnz.org.nz/managing-sport/three-approaches/physical-literacy-approach/>

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