

## Unit 4 Parent Focus Group minutes

**Date:** Monday 26<sup>th</sup> November

**Time:** 1430 – 1515

**Attending meeting:** N Green, J Dixon, K Miller, J Mapley, N Barrett, J Shore, H Lewis, Mr Mealy and Mr Ord

### **Purpose of the meeting:**

To share ideas for future Learning Experiences with parents and gather their opinions and views in order to shape our future planning in Unit 4.

### **Ideas raised:**

- PE focus Learning Experience (LE) idea was shared.
- Children could choose a sport at the beginning of the experience. Part of the learning could be that children evaluate that sport and choose another based on their evaluations: 'I liked this sport because... so I might like this sport because...'
- Children could write persuasive pieces of writing to convince others to have a go at the sport they liked.
- Throughout the LE, children could keep exercise journals of how they're keeping fit at home.
- A reward scheme for children that regularly complete their exercise journal. Walking to school etc...
- Children should be encouraged to focus on their own performance and not compare themselves to those around them. Children are reminded it's about achieving their own goals and not beating their partner.
- Children could try a variety of different sports: water sports, team sports, individual sports, winter sports (dry slope) to widen their sporting experience.
- Gender issues could be raised, 'Can boys and girls play the same sports together?'
- Explore the science of exercise. How do we keep healthy? Explore the role of a healthy diet as well as regular exercise. How does what we eat effect our bodies?
- Explore what makes something a sport. Why is dancing not a sport? Why is darts a sport? Why is e-sports becoming popular? Can Drama be a sport? Why do performers get so sweaty when what they are doing isn't considered a sport?
- Explore the idea that the current generation of children are considered unhealthy. Children could challenge this belief as part of their outcome
- Re-introducing the Daily Mile was suggested as a way of promoting a healthy lifestyle of daily exercise.

### **Possible sporting contacts that were discussed:**

- Plymouth Ice Rink
- Velopark
- Reach Outdoors (Goodrington)
- Boulder bunker (Torquay)
- Mountain biking at Haldon
- iBounce – trampolining
- Go-Ape
- Decoy
- Yoga/Pilates instructor
- Martial Arts
- Scuba diving

- Underwater hockey
- Skateboarding
- Roller-skating

**Outcome ideas were shared:**

- Fitness diaries
- Fitness videos
- A debate on the importance of regular exercise
- Persuasive piece of writing
- Biographies of a sports personality
- A presentation
- Preston Olympics

Mr Mealy will feedback these ideas to the Unit 4 team to inform future planning.