

PE Intervention at Foxton Primary

Primary PE Specialist Programme

WHAT WE WANTED TO DO

To support a class who have a core group of boys who present a significant challenge in terms of their behaviour and approach to learning. In order to support the class teacher and develop their skills, an intervention programme was established to help reduce disruptive behaviour and improve the classes ability to learn. Our key aims were to:

1. Improve the behaviour and focus of this group through physical activity and positive reinforcement
2. Introduce a reward system to encourage children to take responsibility for the quality of their work

WHAT WE DID

Initially a small group of disruptive boys were selected to participate in a 20 minute activity session with the sole objective to improve their appreciation for rules and improve their attitudes towards each other. Whilst fishing around in the Foxton PE cupboard I came across some small red and blue hands which I thought would make an excellent reward for the boy's when they did something positive. We called them 'high fives'. The group were split in to two small teams (reds and blues) and each week high fives were awarded during the activity session and in class or around school. A 'high five' chart was created to record the progress of each boy.

As time went by the 'high five' club seemed to be having a positive impact on the boys behaviour so the class teacher decided to expand the chart so that the whole class could be involved.

CRITICAL FACTORS FOR WHY IT WORKS

- Positive reinforcement encouraged children to make the right decisions
- Additional physical activity was a great vehicle for children to release energy and created a calmer environment in class time
- Team building helped children to work more positively with each other and recognise each others strengths

IMPACT ON YOUNG PEOPLE

Improvement in behaviour and attitude in class and around school

Children more able to deliberately control their behaviour

Whole class involvement in high five chart helped to create harmonious relationships and engaged children in their learning

Original boy's group had a great outlet for their additional energy

Children began to be more positive towards each other

WHAT'S NEXT?

High five chart to continue with whole class to continue impact

Class teacher to build on foundation set by positive approach towards behaviour management

QUOTES

"Chloe joined Class 2 at a difficult time when poor behaviour was widespread and very disruptive. PE lessons without her would have been very difficult, with little being learnt. Her experience and her calm and positive approach to behaviour management provided a solid foundation which I have been able to build on across the curriculum as well as in PE."

Caro Hollway, class teacher at Foxton Prumary School

PHOTO

