

PE WORKSHOP IN VASANT VALLEY SCHOOL

Dear all,



coordination, team spirit and overall development of a child in a very easy way. The beauty of this game is that there is no referee other than yourself even not at the international level.

This sport teaches us how to maintain the honesty and dignity by accepting our fault.

2-we were told about the strategies that we should follow in the ground while dealing with different students in different.

3-how to deal with the trouble maker (a hyper active student)

This was a first day of the workshop.

We have attended a PE workshop in Vasant valley school on 4th March 2017 and 8th April 2017. It was two-day workshop named Spirit of the games and Re- visiting physical education. The workshop was good but not as we expected it should have been .We were expecting more practical knowledge rather than written work. Mr. Philips was conducting the workshop and he has master degree in Psychology. On the first day we learnt three activities those are:-

1-Flisbee-it is game of throwing and catching a disc which we might have played in our childhood years.it is basically run and speed game which develops motor component like speed, accuracy, control and



ON 8TH APRIL the second day of the workshop

It was about how we should conduct our class. What are the small-small things we should keep in our mind while conducting a class like briefing should be short and simple and conclusion should be there at the end of the class. Which we already know but it was like a reminder or u can say revisiting about physical education.

1- There were forty teachers from physical education and from different school. There every teacher conducted the class in their own way, so in this way every teacher learnt new techniques from each-other by correcting each-other.

2- They shared a sample of lesson plan.

3- Last and most important thing they have shared the feeling of understanding the power of the game by showing a video which says that some-times victory and defeat doesn't matter but what matters is the feeling of accomplishment given to the child.

