

11.- PHYSICAL EDUCATION

Hello! I'm Rosa. I teach Physical Education (PE), and I teach all levels in ESO – from the age the pupils start school here, at eleven or twelve years old, to the age they finish, at about sixteen. Over the four years they are here, we work with them to give them a sound background in various team sports and individual sports.

When it comes to team games, it is very important that everybody participates, however good or bad they may be. All of them must collaborate with the rest of the group: we don't allow them to sit without a task or wait with nothing to do. Everybody can participate.

Group work is more common in the first years in the form of team or collaborative games, and, as they grow older, they do steadily more individual work, although they usually also work in small groups or in pairs, so that they can help and even correct each other.

Throughout these years, we also want the pupils to gain some basic knowledge: the rules, the basic techniques in each of the games. This way, they can not only practice them here at school, but also when they finish their studies, or when they go out in the evening with their friends. Thus they can continue playing, can organize themselves, talk to each other, and know the basic rules which allow them to play outside the school.

We like it when foreign pupils come from abroad because we have a section for the playing of well-known, co-operation games, together with traditional activities. We take advantage of the fact that these students who come from abroad know how to play games in their countries: they help us with rules for those games, if they know them, they help us to run the game, or together we look for information on the internet or from other sources such as books. We search for information about the rules, and we all put them into practice so that they can experience, so that they all know how to play games from other cultures, so that they know more games than just those we play here.

We work on games from Aragon, also on Spanish games, but we want them to be aware that there are other types of games, of activities in other countries and that we can have a lot of fun playing them here.

The fact that the kids enjoy themselves quite a lot in class is very important. We believe that, if they have a positive experience in PE class, it is very easy that later, in the long run, they will go on doing some activity in the future. However, if they have bad memories of the class, or they felt embarrassed or afraid of doing things, it is very unlikely that they will continue doing something in the coming years.

PUPILS EXPLAIN ABOUT THE TRACKSUIT

When we go to PE, we all have to wear a tracksuit: a sweatshirt, a T-shirt, trousers and trainers. When we finish doing sport, we go to the changing room to change the clothes we have sweated into, and then we have a shower and put on our clean clothes because later we have more lessons.