

**How we teach PE at Shears Green Junior School**

**What should a PE session look like?**

* 60 minute session, twice a week.
* Planning should be flexible to allow for adaptations; however, it should have a clear structure.

**Clear Learning Objective & Recap**

The focus of the lesson should be introduced. Re-cap the previous lesson, highlighting specific skills and vocabulary.

**Warm up – Pulse raiser**

A clear, active warm up 10-15 minutes, consisting of dynamic and static stretching. Aerobic activities (jogging, running, jumping)

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**Teach and vocabulary**

Teacher to model the main lesson activity/activities using verbal instructions/vocabulary throughout. Children should be shown the correct technique.

This should be repeated for additional activities throughout the lesson.

**Practice and Apply**

Children are given an opportunity to explore the skills through the activity modelled. Teacher to observe and intervene when necessary to improve outcomes.

Children to be regularly called back as a group to discuss their outcomes, with opportunities to identify where they can improve and where they have been successful

**Recap, Review and Cool Down**

Children to put skills learnt into practice through games.

Teacher to recap skills learnt and necessary vocabulary.

Lesson ends with a cool down to reduce heart rate.

Initial lessons for each new topic should begin with showing the class’ individual history learning ppt and time line. This will provide a re-cap of previous learning and vocabulary.

The final session will consist of a whole class re-cap and the ‘key knowledge’ and ‘how we learned’ slide completed. These should be printed for each book.

**Please remember a session should be:**

* Task clearly explained.
* Interactive and engaging.
* Challenging but achievable.