

PE Flow Chart

Team Talk

In the classroom or gathered at the start of the lesson, talk through the Lesson Tag and activities for the lesson or the hook to the lesson. Discuss the Whole Child Objectives.

Warm Up and introduction

A quick activity or game to raise core temperature, stretch muscles and to increase heartrate.

Skill Development

Children practise a specific skill linked to the Lesson Tag.
This can be a standalone activity or progressive ones.

Reflect

Time to talk and review their learning.
What were the successes and failures of the lesson?

- GetSet4PE and use the videos linked to the lesson on the
- GetSet4PE website.
- Recap previous learning.
- Teaching of the key skills: Physical, Social, Emotional & Thinking.

- Simple tag/chase games.
- Fundamental movement activities.
- Stop and ask children to check their heartrate, breathing etc.

- Begins by teaching the basic skill.
- Each activity then builds on the previous skills/activity taught.
- The skills are mostly incorporated into a competitive game/activity.
- Assess using the progression ladders on GetSet4PE (see knowledge organisers).

- Recap main teaching points and ask children to demonstrate good/bad examples.
- Encourage children to spot successes in one another and themselves.

Learning Environment

- Pupils discuss the learning tag and Whole Child Objectives for each session.
- Pupils will take part in warmups and cool downs and discuss why they take part in these before physical activity.
- Pupils will be physically active for most of the session.
- Most sessions will have some form of competition.
- Pupils will reflect on their performance and progress at the end of each session.

How will PE be assessed?

- Progression Ladders from GetSet4PE.
- Knowledge Organisers have a section of the progression ladders from the year group, previous year group and next year group.
- Assess the unit at the end and record names on the MTP for that half term.
- Greater Depth – Children will be able to confidently and independently use the appropriate knowledge and skills and apply them within physical activity and game situations.

Where is PE resourced?

- GetSet4PE
- Videos on GetSet4PE.
- GetSet4PE Awesome stuff.
- Resources indicated by lesson plans on GetSet4PE.
- Resources in the PE shed and gym equipment in the hall.
- Swimming Pool at Aireborough Leisure Centre
- T-drive resources.
- MVMNT.