

# FUNDAMENTALS OF A PE LESSON



## PE PILLARS OF PROGRESSION

Schemes of work are designed to ensure children learn motor skill competence, the rules, in-game strategies and tactics of sports and allow healthy participation in physical activity.

## SEQUENCED AND PROGRESSIVE SCHEMES OF WORK

Pupils build their knowledge and skills over the course of each lesson with our schemes of work ensuring steady progression week on week throughout the year.



## RECOGNISING AND MEETING THE NEEDS FOR SEND PUPIL PARTICIPATION

Lessons are adapted to meet the needs of all pupils within the school, including SEND children, whilst matching the ambitions and aims of the National Curriculum

## DEVELOPING PHYSICAL ACTIVITY VOCABULARY IN CONTEXT

Pupils are taught the correct vocabulary needed for each lesson, with this vocabulary being built over time and reinforced regularly, so that children know it and can use it correctly within context.

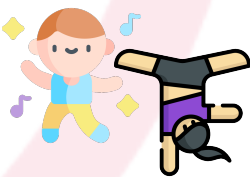


## PUPILS ABLE TO DEMONSTRATE LEARNING AND SKILLS

A clear focus is placed on what the children are learning for each lesson, and the macro aims for the scheme of work as a whole. Our coaches impart the knowledge needed to not only perform a skill/game, but for pupils to learn what they are doing and why this makes them successful.

## DELIVERING A WIDE RANGE OF SPORTS, SKILLS AND COMPETENCES

Our schemes of work cover a wide range of PE topics and activities including: dance, outdoor adventure activities, gymnastics and fundamental motor skills, as well as more traditional sports and games.



## A FOCUS ON EVERY PUPIL MEETING REQUIRED OUTCOMES

Our coaches are always aware of lesson outcomes and where each pupil needs to be in their learning. Through continually reinforcement and concept checking we help evaluate progress and keep it on track.

## CLEAR AND DEFINED AIMS AND OUTCOMES

Each scheme of work has a clear and defined outcome in terms of the learning, skill performance, vocabulary and competencies that pupils will hit throughout the progression of each lesson.

