

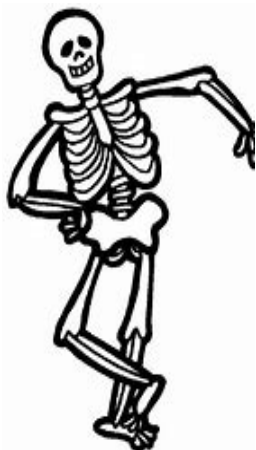


# PE lessons at Holy Cross

What would we expect to see in PE lessons in the school?

- Children working on objectives in line with the curriculum intent for PE (as published on school web site).
  - Activities closely matched to the objective. All children are working on the same objective and are supported and / or challenged appropriately.\*
  - Each Lesson begins with a short re-cap on previous learning within the current topic, a reminder of the importance of healthy lifestyles and understanding why exercise is good for health, fitness and wellbeing.
  - Current lesson is placed within sequence of learning within the unit.
  - Links are made to any prior learning within PE (as appropriate).
  - A warm-up is used prior to the main learning.
  - Focus on clarifying key vocabulary (specific/precise/accurate) and revisited often during the lesson.
  - Introduction of Knowledge Goals with a demonstration. (Knowledge Goals are given as 'takeaways' at the end of the lesson.)
  - Practice and application of key skills.
  - Each lesson ends with an evaluation of performance and a cool down.
- \* Some children may be working below the year group and be taught a separate curriculum.

## A skeleton outline of a Holy Cross PE lesson:



Re-cap of previous learning.
Warm-up.
Introduction of key vocabulary.
Knowledge goals and demonstration.
Whole class teaching input.
Practice and application of key skills.
Evaluation of performance and a cool down.