



KS2 Teacher Led PE Expectations

Each lesson Format:

Warm Up	This should be a pulse raiser and does not need to be linked to the lesson objective or activity covered.
Key Questions	From Complete PE – these help to explore the LO.
Focus Skill	Introduce, teach and demonstrate (using videos or children) the skill to focus on. <i>E.g. Unison and canon when “Matching” in gymnastics. Marking in netball.</i>
Practise	Give time and support to practise the focus skill. (<i>independently/in pairs or groups</i>)
Activity	This can be a performance, independent competition or a pair/group game situation. <i>How many rallies can you achieve in tennis?</i>
Cool Down/ Reflection	Performance, sharing of results, discussion of context, stretching.

Expectations:

- The [Complete PE overview](#) must be followed for your year group. (If you have alternative ideas please see the PE Co-ordinators to discuss).
- You may supplement the Complete PE plan with [Playing For Life activity cards](#), but these must match the Area of Learning that you are working on E.g. Netball/Invasion.
- Lessons must be **1 hour**. (Can be made up with in class warm up/phoenix mile)
- The majority of the lesson must be **above resting heart rate**.
- At the end of each half term/Area of Learning please make a note of those children who you feel have not progressed or met the outcomes.

Tips when teaching PE:

- Be prepared before your lesson. Look over the Suggested Sequences before the lesson to see where learning will be going.
- Start with “show me what you know.” (This assesses and gets children active instantly.)
- Get the children to answer questions physically. E.g. “what type of throw would gain distance?”
- Be flexible with time. Learning takes however long it needs to be achieved. Move to next sequence when pupils are ready.
- Use ‘why’ to get children to consider the purpose of what they’re doing.
- Give specific and purposeful feedback. E.g. *I love how you changed your rhythm for the chorus – next some think about the quality of each move.*
- Use Mini Plenaries to check pupils’ progress (don’t wait until the end of the lesson).
- Assessment for learning is a must for outstanding teaching. (*Where am I going? -> Where am I now? -> How do I close the gap?*)