

Physical Education at St. Luke's Halsall



'Inspiring lives, building futures together with Jesus.'

PE Lesson Structure

Introduce New Vocabulary

- EYFS, KS1 and KS2 will be introduced to and will discuss new vocabulary at the beginning of each lesson. Vocabulary will be reinforced throughout the lesson and recapped at the beginning of a new lesson.
- In KS2, when taking part in team sports, children will learn specific vocabulary linked to that sport and they will watch highlights of that sport to aid them with their understanding of equality, diversity and 'good practise'.

Usual Lesson Structure

- 1) Warm up/stretch – pupils will take part in a brief warm up and will stretch before physical activity.
- 2) Introduction – pupils will be introduced to new learning.
- 3) Practice and Collaboration – pupils will be given the opportunity to practice new learning, hone skills and collaborate with their peers.
- 4) Pupils will be provided with the opportunity to share their progress with their peers through demonstrations (when appropriate).
- 5) Cool Down/Stretch – pupils will take part in a brief cool down before completing the lesson.

(Staff will aim to introduce new vocabulary at the beginning of the lesson and throughout).