

## 'We Are Physically Literate' at Grove Road

### Insta activity

### Play

### Rehearse

### Perform

### Reflect

**WHAT** - An activity that can be started immediately upon entering the PE lesson.

**WHY** - To maximise the time that children spend physically active. To incentivise the children to change faster. To act as an introduction to the main activity

**HOW**  
 - Everybody's it!  
 - Throw & Catch  
 - Simple tig/chase games  
 - Fundamental skills challenges

**WHAT** - Students given free time to experiment with equipment/skills that link to the learning tag.

**WHY** - It is important to give ownership/autonomy to the students in order to engage and motivate them.

**HOW**  
 - How many ways can you...?  
 - What is the best way to...?  
 - Can you show me...?

**WHAT** - Students focus on a specific objective linked to the learning tag. This can be a stand-alone activity or a series of progressive activities.

**WHY** - This gives the students the opportunity to practise the lesson objective in a structured environment with clear success criteria

**HOW**  
 - Structured Activity.

**WHAT** - Students will bring together the rehearsed skills in a more challenging scenario.

**WHY** - To give students the opportunity to express their depth of learning

**HOW**  
 - SSG/Routine/Competition

**WHAT** - Provide time to review the lesson tag and to discuss successes and failures.

**WHY** - To promote face-to-face talk time and to acknowledge where they are in the learning journey

**HOW**  
 - Kagan structures / video analysis / Seesaw

### The learning environment

**Learning Environment:**

- Are pupils physically active for the majority of the session?
- Are they enjoying and engaging with the activity? (feel good factor)
- Does the space and the equipment suit the lesson objectives?