

Lesson Structure

PE sequence structure	
Phase 1 – Revise	<ul style="list-style-type: none"> • Prior learning, skills, vocabulary and knowledge are revisited
Phase 2 – New learning – practise and apply	<ul style="list-style-type: none"> • Medium term planning to inform lessons • Skills explicitly taught • Vocabulary explicitly taught • Knowledge taught • St Mary’s Quality First Teaching
Phase 3 – Team game/ performance	<ul style="list-style-type: none"> • Skills are practised and applied in a team game/performance • Assessment task

Each lesson, within the sequence, follows the structure so skills, key vocabulary and knowledge are constantly revisited and transferred to long term memory.

Within a PE unit of work, children will learn a new skill and will revisit the skills they have learnt before. The children will have opportunities to practise the skills they have learnt within a series of team games in each session.

PE lesson structure	
Phase 1 – Revise, recap and warm up	<ul style="list-style-type: none"> • Skills, knowledge and vocabulary are revisited from previous lessons
Phase 2 – New learning, practise and apply	<ul style="list-style-type: none"> • St Mary’s Quality First Teaching • New knowledge taught • New skills taught • New vocabulary taught • Children practise and apply skills
Phase 3 – Review and cool down	<ul style="list-style-type: none"> • Revise and review new skills • Evaluate their performance • Cool down