



HOLBROOK PE ROUTINE

LEARNING JOURNEY



At the beginning of every PE lesson, we share our learning journey using lesson starters. This allows us to see our **Red Letter Learning** for the topic, in order to understand our overall aims. We look at the steps to achieve our objectives.

LOOK BACK MOVE FORWARDS



We begin the lesson with a small recap—through teacher input, quizzes and other methods—to assess and ensure our knowledge is retained. We call it: **Look Back, Move Forwards**. **WE** will recap red letter knowledge from a previous lesson. This is important in PE as we think about the skills needed to progress and also prevent any injury.

DISCUSS



The main learning is introduced through teacher-led input and questions; expert knowledge is shared sometimes children have the opportunity to show their own skills in a specific sporting area. Children will be asked questions in order to monitor and modify understanding and ensure they are ready to apply their learning in a carefully selected task.

SKILLS



Our activities are carefully modelled, guided or led by the teacher in order to provide scaffolding for us to apply and explore new learning together.

- Locomotor Skills – for example running and jumping
- Stability Skills – for example twisting and balancing
- Manipulation Skills – such as throwing and catching

COMPETE



We are now at the stage of applying the skills we have developed into a more competitive role. We understand the principles of fair play, supporting our peers and recognising how important it is to acknowledge and respect those we compete against.

EVALUATE



At the end of the lesson, we have a plenary where we recap and assess our learning. We use our learning ladders for this. Students evaluate their learning and demonstrate their understanding and mastery of key concepts. Here children can demonstrate their understanding of skills as well as acknowledge the abilities of their peers and how this will help their own progress.