

Insta Activity

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.

PLAY

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. Afl.

REHEARSE

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

PERFORM

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.

REFLECT

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

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

HOW

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

HOW

Structured Activity.

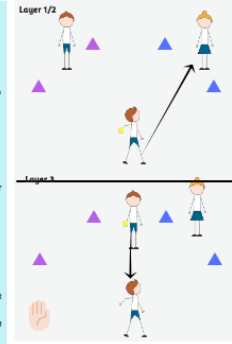
Setup: Mark out a playing area or use the school hall. Split the students into groups of 3 and give them one ball between them. Have them set up their own playing area like below.

How to Play:

Layer 1/2 - One student starts as the hitter, the other two each stand between two cones. The hitter rehearses self-striking their ball with the palm of their hand towards a partner for them to catch. The ball is then thrown back to the hitter who repeats towards the other partner. Rotate positions after 10 hits.

Layer 2 - Have one student feed the ball to the hitter. The hitter tries to direct a hit towards their free partner for them to catch. Rotate positions after 10 hits. Try to alternate which hand they use to strike the ball.

Layer 3 - A feeder now stands centrally between the two coned out 'gates'. The hitter must try to strike the ball between one of the coned gates to score a point. The remaining team member tries to stop the ball passing through the gate and gives the ball back to the feeder. Each player has 10 goes at striking the ball. Who can score the most points?



HOW

SSG/Routine/Competition

HOW

Kagan Structures/video analysis/Seesaw

Lesson Objectives: Learning tag

What



Why



How



Resources:

- Canva Activities on staff shared
- RealPE
- YouTube (PhysEd games)
- www.thephysicaleducator.com
- #teamgr PE folder

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?

Values: These are underlying principles that should underpin your lessons. This may focus on just one or a variety of them throughout.