

## real PE Day 1/Whole School Overview

Section / Time	Objectives <i>real PE 1 Tutor overview</i>	Activity / Content	Suggested build up of the Lesson Plan (LP) visually in turquoise and assessment ideas
<b>Intro:</b> (15 minutes)	<ul style="list-style-type: none"> <li>Explore outcomes and flow of the day</li> <li>Be aware of Health &amp; Safety</li> </ul>	<ul style="list-style-type: none"> <li>Introductory slides and Jasmine</li> <li>NLP - What a great day we are going to have</li> </ul>	
<b>Section 1:</b> Full flavour of <b>real PE</b>  (60 minutes)	<ul style="list-style-type: none"> <li>Be positively charged</li> <li>Have been introduced to Fundamental Movement Skills (FMS) and Multi-abilities (MA)</li> <li>Be familiar with Lesson Plan format</li> <li>Feel confident within the group</li> </ul>	<ul style="list-style-type: none"> <li>KS2 Fusion warm-up - Introduce MA concept via Hi Baby or alternative</li> <li>KS1 Pirate mini-lesson - Introduce <b>FMS and FUNS</b></li> </ul>	<p><b>Step 1</b> - Show Fusion warm-up page only from electronic plan and show the hard copy A3 version (NB. Don't show the full Lesson Plan yet).</p> <p><b>Step 2</b> - Show overview page from Year 1, Unit 1, Lesson 1.</p> <p><b>Step 3</b> - Assessment focus page – Ask them to identify MA focus and point out the 2 FUNS stations.</p> <p>Following delivery show the 4 hard copy resources (e.g. inside 4 hoops to mirror the Lesson Plan format).</p> <p><b>Step 4</b> - Show content circles and content behind.</p>
<b>Section 2:</b> Delivery review and why <b>real PE</b> ? (30 minutes)	<ul style="list-style-type: none"> <li>Identify why they are the experts</li> <li>Establish that <b>real PE</b> will support children's holistic development</li> </ul>	<ul style="list-style-type: none"> <li>Funnelling and sharing of review</li> <li>Comfort, Stretch, Panic</li> <li>Why <b>real PE</b>?</li> </ul> <p><b>BREAK</b></p>	
<b>Section 3:</b> FMS and <b>FUNS for everyone</b> (50 minutes)	<ul style="list-style-type: none"> <li>Explain what FMS are and why they form the basis of the <b>real PE</b> programme</li> </ul>	<ul style="list-style-type: none"> <li><b>FUNS</b> clock face</li> <li>Guide through 1 <b>FUNS</b> station</li> <li><b>FUNS</b> circuit</li> <li>Supporting activities</li> </ul>	<p><b>Step 5</b> - FUNS/MA - Show range of material from electronic Lesson Plans to support the relationship between FMS and supporting activities.</p> <p>Introduce recording progress circles for <b>FUNS</b>.</p>
<b>Section 4:</b> Multi-abilities  (45 minutes)	<ul style="list-style-type: none"> <li>Explain what MA are and why they form the basis of the <b>real PE</b> programme</li> <li>Become familiar with resources</li> </ul>	<ul style="list-style-type: none"> <li>Card sort task and slides</li> <li>Delegates explore packs</li> </ul> <p><b>LUNCH</b></p>	<p><b>Step 5</b> - FUNS/MA - Show range of material from electronic Lesson Plans to support the relationship between FMS and supporting activities.</p> <p>Introduce recording progress circles for MA.</p>
<b>Section 5:</b> <b>real PE</b> Lessons (90 minutes)	<ul style="list-style-type: none"> <li>Experience a full lesson</li> <li>An immersion in <b>Learning Nutrition</b> as "the how" we deliver</li> </ul>	<ul style="list-style-type: none"> <li>Rock, paper, scissors energiser</li> <li>Tutor models Unit 1 Lesson 1 from a sample of Year 1/Year 3/Year 5/6 with 4/5* LN</li> </ul>	<p><b>Step 6</b> - Use electronic Lesson Plan as you deliver all model lessons.</p> <p>Model recording progress circles for FMS.</p>
<b>Section 6:</b> Plenary (30 minutes)	<ul style="list-style-type: none"> <li>Review learning of the day</li> <li>Identify next steps to own delivery of <b>real PE</b></li> </ul>	<ul style="list-style-type: none"> <li>Pair and share</li> <li>Evaluations, delegate journey and portal</li> </ul>	<p><b>Step 3</b> - During recap consider using the first 3 pages of a unit of work to recap on MA and FMS.</p>