

Subject Teaching Sequence - PE

Phase of unit	What you would expect to see in this part of the unit...
Exploring	Exploring a range of equipment and apparatus. Exploring a range of ways to move. Developing a sense of movement and rhythm.
Practising	Developing specific skills to be used within a range of sports. Developing skills with specific equipment and apparatus. Working with a team to improve group skills. Working collectively to produce sequenced movements.
Refining	Critiquing own work. Commenting on the work of others. Improving techniques through teaching and coaching.
Competing	Competing individually or as part of a team. Working as part of a team. Developing leadership skills. Developing sportsmanship. Recording own personal bests and improving these scores.
Evaluating	Evaluating team and individual performance. Discussing improvements to own sport. Evaluating strategies used and team dynamics.