



## KANGA EDUCATION

# TOP TIPS FOR PLANNING AND DELIVERING A LESSON

Just like any subject, there are specific rules and tips that help the teacher keep the pupils engaged in the lesson. Engaging each pupil will allow the teacher to maintain class behaviour and will assist every student in showing learning. When structuring a PE lesson, it is vitally important the teacher diligently plans their lesson and incorporates all students needs and learning habits. Below are a few friendly tips that may help you when planning your PE lesson;

1. Ensure the **surface of the facility is safe and/or adequate for the activity** you are teaching.
2. All equipment is safe and ready to use - *no leather coming loose on footballs, balls are all inflated.*
3. You **have enough equipment** for students to use in a safe manner - *maximum of 6 students shooting into a basketball/netball hoop etc.*
4. The **amount of equipment used relates to the student's learning outcome** - *if your focus is on basketball dribbling – does every student have a ball? If not, how long do they wait to have a go at dribbling?*
5. Equipment is suitable for the age group you are teaching - *basketballs and footballs have different sizes for a reason.*
6. **Students are not waiting** to have a turn or are out of a game for longer than 2 minutes - *if teams are on a rotation, could you give them an additional task. E.g refereeing, peer observation, practice a skill at the side etc.*

7. You have **differentiated for all abilities** in skill activities - *challenge higher ability pupils with using their weaker hand or foot, let them coach, make their skill practice opposed etc.*
8. **Small Sided Games (SSGs)** – *less players on a team, the more the students will be engaged in the game.*
9. Pupils are at least **70% active every lesson**.
10. **Position yourself so you can see all students** - *limit turning your back on a class and do not allow students to play where you can't see them – things can quickly go wrong when playing sport.*
11. Plan your lessons so that **transitions can happen quickly** and without too much reorganising time - *use the full space available and visualise your transitioning – try to avoid recollecting all the cones in order to move to the next activity.*
12. You **choose the teams** – *no child wants to be the last one to be picked. Don't let this happen!*
13. Plan for allowing some **game time** - *Too much skill development can take the fun away from the activity. Use small sided games.*
14. **Never shout commands during game time** – *we all learn best through failure. Allow mistakes to happen in games. Just remember and discuss them in your plenaries.*

