






## The 'Five a Day' Principles in PE

 <p style="text-align: center;"><b>Explicit Instruction</b></p>	 <p style="text-align: center;"><b>Cognitive and metacognitive strategies</b></p>	 <p style="text-align: center;"><b>Scaffolding</b></p>	 <p style="text-align: center;"><b>Flexible Grouping</b></p>	 <p style="text-align: center;"><b>Using Technology</b></p>
<ul style="list-style-type: none"> <li>• I do, we do, you do teacher approach</li> <li>• Teacher modelling</li> </ul>	<ul style="list-style-type: none"> <li>• Recall activity to revisit previous learning</li> <li>• Pre-teach new vocabulary</li> <li>• Teacher modelling</li> </ul>	<ul style="list-style-type: none"> <li>• Small steps</li> <li>• Appropriate level of challenge</li> <li>• Visual representations</li> <li>• Peer support</li> </ul>	<ul style="list-style-type: none"> <li>• Allocating groups flexibly, based on the individual</li> <li>• Collaborative learning across pupils with a range of attainment levels.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid white IWBs</li> <li>• Videos used to model an explain new concepts</li> </ul>