

At Bowlsh Infant School, we use Real PE lesson plans and resources to deliver our PE Curriculum. Within our PE curriculum, we use the terms declarative knowledge and procedural knowledge to describe what children should learn and develop as recommended by the PE Ofsted Subject Review. We have ensured that the declarative (knowing that...) and procedural (knowing how...) knowledge which has been identified in the Real PE units is delivered to allow children to build on prior knowledge and understanding as well as meeting the aims and subject content of the National Curriculum, through the three key areas of learning. We also understand that this procedural and declarative knowledge are inexplicably linked together.

The Real PE scheme includes the development of key learning behaviours as an important part of its curriculum. These behaviours support children in understanding the benefits of being active and how to participate in physical activity in a healthy and positive way. The learning behaviours focus on six key areas: personal, social, cognitive, creative, health and fitness, and applying physical skills. Through these areas, children build confidence, teamwork, problem-solving, and self-awareness, helping them to develop not only their physical abilities but also important life skills that promote overall well-being.

Learning Behaviours – Healthy Participation					Learning Behaviours – Rules, Strategies and Tactics
Personal 	Social 	Cognitive 	Creative 	Health and Fitness 	Applying Physical
Stay on task with help Stay on task Keep trying	Play with others with help Understand others Help and encourage	Follow Instructions Observe and Describe Recognise and Order	Observe and Copy Explore and Describe Compare and Develop	Describe simple changes Explain benefits of exercise Practise safely	Travel in different ways Perform single skills Perform simple sequences