



Quality learning, teaching and assessment in physical education

Quality physical education is design to inspire and challenge children and young people to experience the joy of movement.

The essential elements include:

- Understanding the range of pedagogical skills that are required to produce high quality learning sessions
- Encouraging the learner to engage in, and take responsibility for their own learning.
- An understanding of the importance of the activity level remaining high (moderate to vigorous activity) to effect cognition
- A focus on what children and young people **'do'** and **'say'** to inform professional judgment

The pedagogical skills include;

- Creating a safe environment where the learner is encouraged to engage in learning, and experiment
- Being able to observe, analyse and support the development of the learner's performance
- Having the patience to allow the learner time to work at problems and find solutions
- Using intervention strategies that encourage the learners to take ownership of their learning
- Recognising when to add layers to enhance the learner's understanding and performance, and when to progress the task

Learner engagement happens when;

- The tasks are interesting, challenging and achievable
- The tasks are differentiated to suit the needs of the individual
- The learner is given time to work at their own pace
- The learner recognises that learning is a process, as well as an outcome

Planning for learning, teaching and assessment.

- The outline of the session should include activities that:
 - 'Switch the learners on', both physically and mentally and always challenge their activity level
 - Establish the **quality** levels that are required of the engagement, and work of the learners
 - Place the learner and learning at the centre of the process, and in negotiation, improve the areas that have been identified,
 - Encourage the learners to reflect on their engagement and performances.

Finally, you promote what you permit, therefore, have a relentless focus on **quality of performance**