PE Lesson 3

**Tema 3: “Mente sana in corpo sano!"**

*Guidelines*

* Teacher asks learners what they have learnt from their language lessons to revise the movements from the previous PE lesson (see tasks from lesson 2)
* Learners are then put in groups and asked to design a 5-minute routine based on the movements and the vocabulary taught in previous language and PE lessons. The routine should include a warm-up with the movements studied but also exercises with a football. All team members should have a position, be active and included within the tasks, based on their skills.
* There should be instructions in the target language within the training programme design
* Teacher can support learners in terms of PE input, suggesting warm-ups and football activities
* Learner groups can then show their training routine and vote for the best or the teacher can provide individual or group feedback, judging who designed the best programme