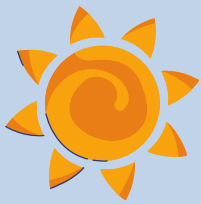


THEMES IN THE PE LESSON

The use of themes as a stimulus for movement is a most effective opportunity to motivate pupils to participate in the PE lesson. Themes can be based on pupil interest where pupils have the autonomy to choose the theme that they would like to explore through movement in the PE lesson.

Additionally, a teacher can incorporate thematic planning in the PE lesson based on the current SESE topic, Aistear theme, topics explored in the SPHE lesson or story/novel theme etc. See [Children's Books for Wellbeing](#) for many ideas.

The theme may be explored through the whole lesson or for a specific section of the lesson. The intended PE learning outcomes should remain central to the lesson alongside the use of themes.



Weather



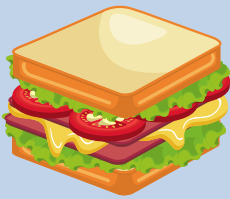
The Sky



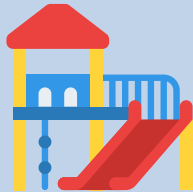
Seasonal
Festivals



Clothes



Foods



The Playground



Nature



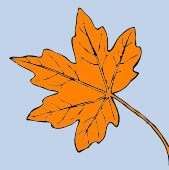
An Adventure



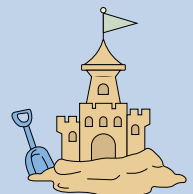
The Circus



Animals



The Seasons



The Beach



Under the Sea



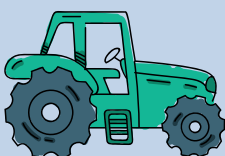
Habitats



Emotions



Stories



The farm



Sporting
events



Ireland



People in
History