

**Autumn Term 1
Starter unit**

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To know what PE is and that it is good for us ● To know how to use the hall safely ● To know that getting out of breath is good for us 	Play on the spot game. Moving in a variety of ways on spot.
Lesson 2	<ul style="list-style-type: none"> ● To follow instructions in the hall for PE ● To know that getting out of breath is good for us 	Play on the spot game. Introduce own ways of moving. Use claps to develop game. What happens to our bodies when we move? Stick different parts of the body to their spots.
Lesson 3	<ul style="list-style-type: none"> ● To start to follow routine for changing clothes ● To remember sequence of using hall space for PE ● To follow non-verbal commands safely and quickly 	Play on the spot game. Develop moving on spot. Fast/slow, high/low.
Lesson 4	<ul style="list-style-type: none"> ● To show a variety of ways of moving with control (and speed) ● To copy a partners moves 	Play on the spot game. Combine all moves from previous lessons. Play sticky spots and musical spots. Copy how partner moves.
Lesson 5	<ul style="list-style-type: none"> ● To show control when changing from a moving to still action ● To be able to balance a bean bag on different body parts 	Play on the spot game. Combine all moves from previous lessons. Play sticky spots and musical spots. Then bean bag balance on different body parts. Move beanbag in air whilst staying still.
Lesson 6	<ul style="list-style-type: none"> ● To show control when moving with a bean bag ● To understand how to take it in turns 	Play on the spot game. Move with beanbag in hands and stop to balance it on body part. Spot chase beanbag races.

Autumn Term 2
ABC Physical literacy - Animal Magic

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To be able to run in different directions with control 	Animal Magic warm up game. Jog from cone to cone in different ways. Doggy Runs. Run from cone to cone in different ways. Use picture to show good running.
Lesson 2	<ul style="list-style-type: none"> ● To be able to jump forwards from 2 feet to 2 feet 	Animal Magic warm up game. Doggy Runs. Recap running. Jumping in different ways. Jump to cone and back.
Lesson 3	<ul style="list-style-type: none"> ● To be able to hop on either foot with control 	Animal Magic warm up game. Happy Hoppers. Hop facing partner, holds hands to start, then let go if they can. Run to have break. Play racing rabbits game in pairs.
Lesson 4	<ul style="list-style-type: none"> ● To gallop using preferred leg 	Animal Magic warm up game. Parading Ponies. Teach galloping. Play Prancing Ponies game in groups.
Lesson 5	<ul style="list-style-type: none"> ● To be able to skip over a rope 	Animal Magic warm up game. Crazy Skippers. Skip to cone and back. Hop and jump over rope on floor. Play Snazzy Skipping game looking for space.
Lesson 6	<ul style="list-style-type: none"> ● To gain height when jumping 	Animal Magic warm up game. Funky Frog jumps. Jump side to side over cones and to try to touch target on wall. Crossing the Pond task in groups.
Lesson 7	<ul style="list-style-type: none"> ● To perform a variety of FUNs movement skills with control 	Animal Challenge – move round different activities in pairs. Play Prancing Ponies game.

Spring Term 1
Physical literacy - Netters

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To move quickly to change direction 	Peppa Plays Out warm up game. Play Suzi Sheep says, following leader along row of spots. In pairs move carrying bean bag, throw and catch to self, then throw to spot on floor in front of partner.
Lesson 2	<ul style="list-style-type: none"> ● To control a ball with hands 	Peppa Plays Out warm up game. Play Emily Elephant says. Balance bean bag on different body parts. Pairs throwing activity.
Lesson 3	<ul style="list-style-type: none"> ● To bounce the ball to a partner/ target 	Peppa Plays Out warm up game. Move ball around body. Drop and catch ball. Copy partner. Roll ball to partner.
Lesson 4	<ul style="list-style-type: none"> ● To be able to control ball with hands 	Peppa Plays Out warm up game. Bounce and catch ball to self. Bounce ball at a target and to partner.
Lesson 5	<ul style="list-style-type: none"> ● To be able to catch a moving ball 	Peppa Plays Out warm up game. Introduce forward throw and movement to catch a ball. Bounce and catch ball with partner. Catching challenge.
Lesson 6	<ul style="list-style-type: none"> ● To hand hit ball forwards along floor 	Peppa Plays Out warm up game. Move ball around floor with hand. Strike ball through partner's legs and fetch it. Hit ball along floor with hand to each other.
Lesson 7	<ul style="list-style-type: none"> ● To move a ball on/with a racket 	Peppa Plays Out warm up game. Move around space with ball balanced on racquet. Hit ball along floor to partner with racquet.
Lesson 8	<ul style="list-style-type: none"> ● To follow instructions to complete a circuit 	Peppa Plays Out warm up game. Peppa Plays circuit – variety of activities recapping skills.

Spring Term 2
Gymnastics – Fireman Sam

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To follow instructions safely ● To be able to perform 5 basic shape with control 	Fireman Sam to the Rescue warm up game. Teach and display 5 basic shapes – straight, star, tuck, straddle, pike. Play Traffic Trouble game to practise.
Lesson 2	<ul style="list-style-type: none"> ● To hold large and small shapes whilst balancing 	Fireman Sam to the Rescue warm up game. Touch named body parts. Move on named parts of body. Introduce and investigate balances. Teach and display 3 key balances – stork, tuck and arch hold.
Lesson 3	<ul style="list-style-type: none"> ● To demonstrate a safe (chair) landing from a jump 	Fireman Sam to the Rescue warm up game. Landing position for jumps and how to jump for height. Create sequence with start shape, balance, jump and finish shape in pairs.
Lesson 4	<ul style="list-style-type: none"> ● To perform a straight jump with control from a bench 	Fireman Sam to the Rescue warm up game. Learn to get mats out. Practise jumps on mats. Add benches. Step onto bench and jump off, landing correctly and on/near spot.
Lesson 5	<ul style="list-style-type: none"> ● To travel sideways using a roll 	Fireman Sam to the Rescue warm up game. Teach log roll and egg roll. Perform in pairs on mats. Combine roll with shape to create sequence.
Lesson 6	<ul style="list-style-type: none"> ● To transfer weight from hands to feet (bunny hop) 	Fireman Sam to the Rescue warm up game. Rock forward and back to sit. Push offs/press ups to develop arm strength. Teach forward rolls from straddle to children who are ready. Transfer weight from hands to feet (bunny hop) on floor spots.
Lesson 7	<ul style="list-style-type: none"> ● To link 2 skills on floor 	Fireman Sam to the Rescue warm up game. Explore different shapes on low apparatus. Link 2/3 shapes and add a jump off.
Lesson 8	<ul style="list-style-type: none"> ● To know how to use apparatus safely 	Fireman Sam to the Rescue warm up game. Explore different balances on low apparatus. Link a shape and a balance and add a jump off or link to a roll on the floor.

Summer Term 1
Dance – Weather and Seasons

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> To show both scared and strong expressions and actions 	Autumn flash dance to Dingle, Dangle Scarecrow action rhyme. Move and hold action to rhyme. Show feelings through actions and facial expressions.
Lesson 2	<ul style="list-style-type: none"> To move with control at different speeds showing a change of direction 	Autumn Windy Day flash dance. Read Windy Day book and children pretend they are a kite being blown by the wind, then a twirl seed, then playing in the leaves.
Lesson 3	<ul style="list-style-type: none"> To cooperate with a partner when moving 	Winter Snow flash dance. Read The Snowy Day and introduce shapes – icicles, snowflakes, snowman, snowballs. Perform in pairs. Link shapes.
Lesson 4	<ul style="list-style-type: none"> To use actions to express feelings in a dance 	Winter Christmas flash dance. Perform variety of actions/shapes/movements for Christmas themed commands through a story.
Lesson 5	<ul style="list-style-type: none"> To be able to move to a count of 4 beats 	Spring Growing flash dance. On spots, perform actions together, each for count of 4 to show life cycle of a seed.
Lesson 6	<ul style="list-style-type: none"> To be able to remember and repeat a pattern 	Spring April Showers flash dance. Explore and learn movements for sun coming out, showers, playing in puddles. Perform to music.
Lesson 7	<ul style="list-style-type: none"> To be able to move to a count of 4 beats 	Summer At the Seaside flash dance. Perform in groups in circle. Learn sections of dance to count of 4 beats – sun coming up, sun shining, at the beach.
Lesson 8	<ul style="list-style-type: none"> To show movements that represent animals 	Summer Under the Sea flash dance. Explore animals/creatures and how they move. Move to a count of 4. Practise and perform dance as a group with sections to represent seaweed, crab, starfish, eels, fish.

Summer Term 2
Physical literacy – Strikers

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To retrieve a bean bag using hands 	Fairy Tale Fun warm up game. Play games to pick up objects from cones.
Lesson 2	<ul style="list-style-type: none"> ● To be able to roll a ball towards targets ● To stop a moving ball along the floor 	Fairy Tale Fun warm up game. Move the ball around body/along floor/throw and catch. Roll ball to partner. Stop ball. Play game in pairs.
Lesson 3	<ul style="list-style-type: none"> ● To throw a small ball underarm to a target 	Fairy Tale Fun warm up game. Underarm throw forwards towards cones. Make up an aiming game with partner.
Lesson 4	<ul style="list-style-type: none"> ● To be able to catch a ball with 2 hands 	Fairy Tale Fun warm up game. Throw to partner. Catch, using pictures to help you learn how. Throw and catch game with partner.
Lesson 5	<ul style="list-style-type: none"> ● To strike a ball along the floor using your hand 	Fairy Tale Fun warm up game. Move ball along floor with hands, dribble between/around cones. Strike to partner with hand. Stop ball.
Lesson 6	<ul style="list-style-type: none"> ● To hand strike a ball towards a target 	Fairy Tale Fun warm up game. Dribble ball with hand to stay away from partner. Strike and receive ball with hand. Play Collect 4s game with hand strike.
Lesson 7	<ul style="list-style-type: none"> ● To demonstrate good control when moving the ball with hands 	Fairy Tale Fun warm up game. Circuit of different skills. Throw/catch and collect tokens with partner.
Lesson 8	<ul style="list-style-type: none"> ● To work cooperatively with a partner to keep score 	Fairy Tale Fun warm up game. Play Collect 4s game with hand strike. Keep score. Try to beat own score.