

Autumn Term 2

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> • Move in different ways. • Collect the correct number of items in a game. 	<p>Pirates Treasure Children walk/march/skip to pirate music. When music stops and they hear 1/2/3 they take given number of treasure (variety of soft items) from the hoops and sit down in a space.</p>
Lesson 2	<ul style="list-style-type: none"> • Move in different ways. • Identify colours. 	<p>Musical High Five Children skip/jog in/out/around spots when music plays. When music stops children jump onto a spot. Teacher calls out a colour and children standing on that colour spot come and high five the teacher.</p>
Lesson 3	<ul style="list-style-type: none"> • Throw underarm towards a target. 	<p>Feed the Ducks Pictures of ducks in hoops represent ducks in a pond. Children underarm throw 'bread' (beanbag) to the ducks.</p>
Lesson 4	<ul style="list-style-type: none"> • Walk along a straight rope. 	<p>Circus Ropes Ropes on ground in straight line. Children walk heel to toe along the rope, putting arms out to side to balance. Walk backwards/sideways and jump side to side over the rope.</p>
Lesson 5	<ul style="list-style-type: none"> • Throw and catch a large ball with an adult. 	<p>Sticky Toffee Children are in a circle with teacher in the middle. Teacher throws ball to a child who says 'sticky'. Child catches ball with two hands (that stick to the ball like sticky toffee). Child throws ball back to teacher and says 'toffee'.</p>
Lesson 6	<ul style="list-style-type: none"> • Move whilst carrying a beanbag on a bat. 	<p>Eggs in the Pan One group of children carry a beanbag to hoops at other end of the space, then return to collect another. Other group of children return beanbags to the start, balancing them on a racket and using a channel down the side so they can move safely. Swap.</p>

Spring Term 1

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> • Start and stop moving on command. • Change speed when running. 	<p>Racing Cars Children 'drive' (run) in free space, turning their steering wheel (cone) as they go and beeping their horn, Teacher controls speed by calling faster/slower. On whistle, children pull the brake (take one hand off cone) and freeze.</p>
Lesson 2	<ul style="list-style-type: none"> • Go over, under, through a hoop with control. • Run around space safely. 	<p>Space Tunnels Children take turns to go through space tunnels (hoop held in variety of ways by other child), then fly around galaxy (run around room) and come back to swap.</p>
Lesson 3	<ul style="list-style-type: none"> • Run carefully around obstacles. • Take turns in a simple game. 	<p>Wiggly Worms Children lie down in a space with eyes closed. One child is the wiggly worm, who wiggles another child's leg. They get up and chase them to a hoop (the worm hole) trying to catch them before they get to the hoop. Change roles.</p>
Lesson 4	<ul style="list-style-type: none"> • Roll a ball towards a target. • Score points in a simple game. 	<p>Sneaky Bumpers Each child in a space with a ball each. They sneak up <u>behind</u> another person and roll the ball to bump their shoes. Point given for each shoe bumped.</p>
Lesson 5	<ul style="list-style-type: none"> • Copy dance moves. • Perform some dance moves. 	<p>Dance - We're Going to the Zoo Music https://www.youtube.com/watch?v=lulnEx2Cn7M Children copy moves to represent animals at the zoo. Perform with music.</p>
Lesson 6	<ul style="list-style-type: none"> • Copy dance moves. • Perform some dance moves. 	<p>Dance - We're Going to the Zoo Music https://www.youtube.com/watch?v=lulnEx2Cn7M Extend and refine dance. Perform with music.</p>

Spring Term 2

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> • Move in different ways. • Collect the correct number of items in a game. 	Pirates Treasure <i>Now increase numbers to 4/5/6.</i> Children walk/march/skip to pirate music. When music stops and they hear 1/2/3 they take given number of treasure (variety of soft items) from the hoops and sit down in a space.
Lesson 2	<ul style="list-style-type: none"> • Move in different ways. • Identify colours. 	Musical High Five <i>Now children must find a different colour each time the music stops.</i> Children skip/jog in/out/around spots when music plays. When music stops children jump onto a spot. Teacher calls out a colour and children standing on that colour spot come and high five the teacher.
Lesson 3	<ul style="list-style-type: none"> • Throw underarm towards a target. 	Feed the Ducks <i>Now increase the distance by standing further away from the hoop..</i> Pictures of ducks in hoops represent ducks in a pond. Children underarm throw 'bread' (beanbag) to the ducks.
Lesson 4	<ul style="list-style-type: none"> • Walk along a straight rope. 	Circus Ropes <i>Now walk backwards and jump side to side over the rope. Make your rope into a shape and tiptoe around.</i> Ropes on ground in straight line. Children walk heel to toe along the rope, putting arms out to side to balance. Walk backwards.
Lesson 5	<ul style="list-style-type: none"> • Copy dance moves. • Perform some dance moves. 	Dance – Three Little Pigs Music Jenny Gould Three Little Pigs MP3 file on G drive Children copy and perform moves to tell first half of story with music to accompany.
Lesson 6	<ul style="list-style-type: none"> • Copy dance moves. • Perform some dance moves. 	Dance – Three Little Pigs Music Jenny Gould Three Little Pigs MP3 file on G drive Children copy and perform moves to tell remainder of story with music to accompany.

Summer Term 1

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> • Throw and catch a large ball with an adult. 	Sticky Toffee <i>Now increase the distance between child and adult.</i> Children are in a circle with teacher in the middle. Teacher throws ball to a child who says 'sticky'. Child catches ball with two hands (that stick to the ball like sticky toffee). Child throws ball back to teacher and says 'toffee'.
Lesson 2	<ul style="list-style-type: none"> • Move whilst carrying a beanbag on a bat. 	Eggs in the Pan <i>Now create 2 channels, one either side of the hoops. Grp 2 can choose which channel to use.</i> One group of children carry a beanbag to hoops at other end of the space, then return to collect another. Other group of children return beanbags to the start, balancing them on a racket and using a channel down the side so they can move safely. Swap.
Lesson 3	<ul style="list-style-type: none"> • Start and stop moving on command. • Change speed when running. 	Racing Cars <i>Now drive sideways/backwards (looking over shoulder).</i> Children 'drive' (run) in free space, turning their steering wheel (cone) as they go and beeping their horn, Teacher controls speed by calling faster/slower. On whistle, children pull the brake (take one hand off cone) and freeze.
Lesson 4	<ul style="list-style-type: none"> • Go over, under, through a hoop with control. • Run around space safely. 	Space Tunnels <i>Now climb through hoop backwards/sideways, jump/hop/walk/crawl/crab walk around space.</i> Children take turns to go through space tunnels (hoop held in variety of ways by other child), then fly around galaxy (run around room) and come back to swap.
Lesson 5	<ul style="list-style-type: none"> • Copy dance moves. • Perform some dance moves. 	Dance – Under the Sea Music https://www.youtube.com/watch?v=GC_mV1lpjWA Explore creatures that live under the sea and how they move. Practice moves and use to begin to create a small group dance, counting 8 beats for each section. Put to music.
Lesson 6	<ul style="list-style-type: none"> • Copy dance moves. • Perform some dance moves. 	Dance – Under the Sea Music https://www.youtube.com/watch?v=GC_mV1lpjWA Extend and refine moves to create a small group dance, counting 8 beats for each section. Put to music.

Summer Term 2

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> Run carefully around obstacles. Take turns in a simple game. 	Wiggly Worms <i>Now increase number of wiggly worms and worm holes.</i> Children lie down in a space with eyes closed. One child is the wiggly worm, who wiggles another child's leg. They get up and chase them to a hoop (the worm hole) trying to catch them before they get to the hoop. Change roles.
Lesson 2	<ul style="list-style-type: none"> Roll a ball towards a target. Score points in a simple game. 	Sneaky Bumpers <i>Now increase distance children roll ball.</i> Each child in a space with a ball each. They sneak up <u>behind</u> another person and roll the ball to bump their shoes. Point given for each shoe bumped.
Lesson 3	<ul style="list-style-type: none"> Copy dance moves. Perform some dance moves. 	Dance - The Summer Sun Read The Sunny Day https://www.youtube.com/watch?v=5BsIxdFkb0I Music https://www.youtube.com/watch?v=nqISqgbMhls Create first section of dance - sun rising, moving around expressing feeling hot.
Lesson 4	<ul style="list-style-type: none"> Copy dance moves. Perform some dance moves. 	Dance - The Summer Sun Read The Sunny Day https://www.youtube.com/watch?v=5BsIxdFkb0I Music https://www.youtube.com/watch?v=nqISqgbMhls Create moves to show things we do on a sunny day. Add moves as next section of the dance – showing activities on a sunny day.
Lesson 5	<ul style="list-style-type: none"> Combine a variety of previously learned skills. 	Fun Sports Activities Prepare for Fun Sports by practicing a variety of activities using these skills – Moving with control in a variety of ways, avoiding obstacles. Rolling/throwing underarm towards a target. Catching a large ball. Balancing a beanbag on a bat. Walking along a straight rope.
Lesson 6	<ul style="list-style-type: none"> Combine a variety of previously learned skills. 	Fun Sports Morning!