



# Hallcroft Infant & Nursery School

## PE Lesson Sequence



**Autumn 1 - Year 2**

**Multi- skills**

**What we already know, remember and can do:**

- **ELG: Physical Development Gross Motor.** *Negotiates space and obstacles safely, with consideration for themselves and others, demonstrate strength, balance and coordination when playing, move energetically, such as running, jumping, dancing, hopping, skipping, and climbing.*

**Year 1 (multi-skills)**

- *Balance on lines with control and use equipment to balance on various parts of the body. Change direction with some control (agility.) Co-ordinate their body whilst beginning to move with equipment. Co-operate, compete and challenge themselves as a team in various games*

	Learning Objective	What will be known and remembered (Substantive)	What will be... (Disciplinary)	Revisited Vocabulary	New Vocabulary
1	<p><b>Learning Objective: Can move confidently &amp; creatively with control, balance &amp; coordination. Use a variety of level, direction and types (jump, twist, etc), Stop &amp; change direction with some confidence.</b></p> <ul style="list-style-type: none"><li>✓ Starting activity: Mr Men</li><li>✓ Main activity: Compass Points</li><li>✓ Performance activity: Direction Cards`</li></ul>	<ul style="list-style-type: none"><li>✓ Can discuss how to move confidently &amp; creatively with control, balance &amp; coordination.</li><li>✓ How does your body change when changing speed?</li><li>✓ Is it easier to move when stretched or crouched?</li><li>✓ Which direction is clockwise?</li><li>✓ How can you make sure you are ready to move in any direction?</li></ul>	<ul style="list-style-type: none"><li>✓ Can move confidently &amp; creatively with control, balance &amp; coordination.</li><li>✓ Use a variety of level, direction and types (jump, twist, etc),</li><li>✓ <b>Stop &amp; change direction with some confidence.</b></li><li>✓ Keep head up when moving around the space</li><li>✓ Think about the weight of the body</li><li>✓ Which foot is leading before transferring.</li><li>✓ Stand in a ready position</li><li>✓ Feet slightly apart ready to move</li><li>✓ Keep balance &amp; don't move too fast</li></ul>	<p>Run Jog March Jump</p>	<p>North South East West</p>

2	<p><b>Learning Objective: Cooperate &amp; work in small teams. Work well with others, take turns, share, &amp; help others when needed. Travel over, under, round, through objects with balance &amp; coordination</b></p> <ul style="list-style-type: none"> <li>✓ Starting activity: Obstacle Stations</li> <li>✓ Main activity: Follow the Map</li> <li>✓ Performance activity: Through the Town</li> <li>✓</li> </ul>	<ul style="list-style-type: none"> <li>✓ Can discuss how to travel over, under, round, through objects with balance &amp; coordination</li> <li>✓ Cooperate &amp; work in small teams.</li> <li>✓ Work well with others, take turns, share, &amp; help others when needed.</li> <li>✓ How do you balance on the bench?</li> <li>✓ How many ways can you travel across the bench?</li> <li>✓ How do you coordinate your body to get through the hoop quickly?</li> <li>✓ Why is teamwork &amp; safety important for this task?</li> <li>✓ How could you be creative with your movements?</li> </ul>	<ul style="list-style-type: none"> <li>✓ Work well with others, take turns, share, &amp; help others when needed.</li> <li>✓ Travel over, under, round, through objects with balance &amp; coordination</li> <li>✓ Listening to &amp; following instructions</li> <li>✓ Begin to move in creative ways</li> <li>✓ Move equipment safely e.g. enough people</li> <li>✓ Travelling over, under, through &amp; round</li> </ul>		Over Under Round Through Balance Coordinate Together
3	<p><b>Learning Objective: Can say what they do well, what they need to change &amp; how. Make judgements to improve their work.</b></p> <ul style="list-style-type: none"> <li>✓ Starting activity: Body Part Balance</li> <li>✓ Main activity: Structure Stations</li> <li>✓ Performance activity: Lorries</li> </ul>	<ul style="list-style-type: none"> <li>✓ Can say what they do well, what they need to change &amp; how.</li> <li>✓ Make judgements to improve their work.</li> <li>✓ How many different ways are there of putting 2 hands &amp; 2 feet on the floor?</li> <li>✓ How do you hold a balance?</li> <li>✓ What happens to your body as you balance?</li> <li>✓ Where is easier/harder to balance the bean bag?</li> <li>✓ What do you have to do with your body to carry many beanbags? What adjustments did you need to make?</li> </ul>	<ul style="list-style-type: none"> <li>✓ Keep a tight body position &amp; straight arms</li> <li>✓ Point fingers &amp; toes where appropriate</li> <li>✓ Fingers towards toes if creating V-sit</li> <li>✓ Straight legs, arms &amp; pointed toes</li> <li>✓ Can balance the beanbag on different body parts</li> </ul>	Balance	Tight Cooperate Structure

4	<p><b>Learning Objective:</b> Can use a range of movements. Use a variety of level, direction, and types to attack or defend. Change speed, direction &amp; pathway to attack or defend themselves.</p> <ul style="list-style-type: none"> <li>✓ Starting activity: Chaos</li> <li>✓ Main activity: Pacman</li> <li>✓ Performance activity: Police Chase</li> </ul>	<ul style="list-style-type: none"> <li>✓ Can discuss how to change speed, direction &amp; pathway to attack or defend themselves.</li> <li>✓ How do you avoid being tagged?</li> <li>✓ Explain how you can move &amp; change direction quickly.</li> <li>✓ How can you defend yourself when you only have limited choices of direction of travel?</li> </ul>	<ul style="list-style-type: none"> <li>✓ Can use a range of movements.</li> <li>✓ Use a variety of level, direction, and types to attack or defend.</li> <li>✓ Change speed, direction &amp; pathway to attack or defend themselves.</li> <li>✓ keep their heads up to look forwards</li> <li>Change direction and think about direction of travel</li> <li>✓ Change speed</li> <li>✓ Manage weight to dodge</li> <li>✓ find safe &amp; clear pathways to move through</li> <li>✓ how to move over and under</li> </ul>		Attack Defend Chase Speed Direction Pathway Dodge
5	<p><b>Learning Objective:</b> Listen, respond to set tasks and sounds following expectations &amp; rules. Can follow rules given without prompt. Follow a simple map to find activities &amp; complete in a coordinated way</p> <ul style="list-style-type: none"> <li>✓ Starting activity: Hand Taps</li> <li>✓ Main activity: Activities Around the Space</li> <li>✓ Performance activity: Balls on Cones</li> </ul>	<ul style="list-style-type: none"> <li>✓ Can discuss how to move in a coordinated way</li> <li>✓ Listen, respond to set tasks and sounds following expectations &amp; rules.</li> <li>✓ How can you anticipate the movements of your opponent?</li> <li>✓ Where should your eyes be?</li> <li>✓ What is coordination?</li> <li>✓ How does having coordination help you with these activities?</li> <li>✓ How does using both hands (1 hand to pick up and the other to put down) help with coordination?</li> <li>✓ Why do we need balance for coordination?</li> </ul>	<ul style="list-style-type: none"> <li>✓ Can follow rules given without prompt.</li> <li>✓ Follow a simple map to find activities &amp; complete in a coordinated way</li> <li>✓ Hands and knees in middle and fair distance</li> <li>✓ Watch for twitches &amp; movements of partner</li> <li>✓ Ensure a firm grip on the ball.</li> <li>✓ Legs apart to allow partner to pass</li> <li>✓ Keep the eye on the ball</li> <li>✓ Observe area for awareness</li> <li>✓ Keep both feet on the floor</li> <li>✓ bend knees to keep balance.</li> </ul>	Coordinate	Different Anticipate Opponent Map

6	<p><b>Learning Objective: Show a positive attitude towards activities and other pupils. Respond to instructions, do not disrupt others and offer support. Use underarm technique to throw an object at a target</b></p> <ul style="list-style-type: none"> <li>✓ Starting activity: Practise Underarm Throw</li> <li>✓ Main activity: Throwing Stations</li> <li>✓ Performance activity: Battleships</li> </ul>	<ul style="list-style-type: none"> <li>✓ Can discuss how to use underarm technique to throw an object at a target</li> <li>✓ Show a positive attitude towards activities and other pupils.</li> <li>✓ Tell me the correct position for aiming at a target</li> <li>✓ How much force should you throw with to reach your target?</li> <li>✓ How can you improve your accuracy?</li> <li>✓ How can you throw with accuracy to hit your named coordinate?</li> <li>✓ Tell your partner how to use the correct underarm technique for throwing</li> </ul>	<ul style="list-style-type: none"> <li>✓ Respond to instructions, do not disrupt others and offer support.</li> <li>✓ Use underarm technique to throw an object at a target</li> <li>✓ Position feet to point at the hoop</li> <li>✓ raise non-throwing hand to point at target</li> <li>✓ release beanbag when their arm is in front</li> <li>✓ Weight and accuracy of throw</li> </ul>	Direction	Throw Aim Underarm Arch Ready Force
7	<p><b>Learning Objective: Understand and explain which activities are good for our health. Throw and catch a ball with a partner.</b></p> <ul style="list-style-type: none"> <li>✓ Starting activity: Cone Catching</li> <li>✓ Main activity: One Knee</li> <li>✓ Performance activity: Catch the Number</li> </ul>	<ul style="list-style-type: none"> <li>✓ Can discuss how to throw and catch a ball with a partner.</li> <li>✓ Understand and explain which activities are good for our health.</li> <li>✓ Where do you need to look to catch the ball?</li> <li>✓ Is it easier to catch by yourself or with a partner?</li> <li>✓ Why is throwing and catching helpful to our bodies and how does it contribute to our healthy bodies</li> </ul>	<ul style="list-style-type: none"> <li>✓ Throw and catch a ball with a partner.</li> <li>✓ Move to catch the ball</li> <li>✓ Move hands into your body</li> <li>✓ One foot in front of the other</li> <li>✓ Keep the throwing arm low.</li> <li>✓ Aim before you throw</li> <li>✓ Listening, paying attention at all times</li> <li>✓ Underarm technique</li> <li>✓ cup technique to catch</li> </ul>	Throw Underarm Aim	Catch

