



Hallcroft Infant & Nursery School

PE Lesson Sequence



Autumn1 - Year 1

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.*

	Learning Objective	What will be known and remembered (Substantive)	What will be... (Disciplinary)	Revisited Vocabulary	New Vocabulary
1	Learning Objective: Can move confidently & creatively with control, Clear intent of direction when travel, managing weight. <ul style="list-style-type: none">✓ Starting activity: 10 second objects✓ Main activity: Castle Balances✓ Performance activity: High/Low/Big/Small	<ul style="list-style-type: none">✓ Can discuss skills needed to move with control✓ What is balancing?✓ Which type of balance best fits an image?✓ How do you control a balance?✓ Is your stomachs tight?✓ Why does this help to keep a balance steady?	<ul style="list-style-type: none">✓ Can move confidently & creatively with control,✓ Clear intent of direction when travel, managing weight.✓ Consider the centre of mass when balancing✓ A strong base to the floor & good posture✓ tummy tight & pulled in✓ Straight back & legs, arms used to support		Balance Tight stomach Stretch Support

2	<p>Learning Objective: Listen, respond to set tasks & sounds following expectations & rules. Can follow rules given with little or no prompt. Can move at varying speeds using the correct arm & leg motion</p> <ul style="list-style-type: none"> ✓ Starting activity: Catch the Rain ✓ Main activity: Castle Defence ✓ Performance activity: Enemy Lines 	<ul style="list-style-type: none"> ✓ Listen, respond to set tasks & sounds following expectations & rules. ✓ Can discuss skills needed to move at different speeds ✓ Why is balance important for changing direction? ✓ Why keep our head up? ✓ Is it easy to tag someone who is moving faster than you? How can you make it easier? ✓ What is a strategy? How can you work as a team? 	<ul style="list-style-type: none"> ✓ Can follow rules given with little or no prompt. ✓ Can move at varying speeds using the correct arm & leg motion ✓ Let the arms swing naturally at the side ✓ Keep fingers curled ✓ Head facing forward ✓ as a team develop strategy & working together 	Walk Jog Run	Sprint March Speed Distance Safety strategy
3	<p>Learning Objective: Can communicate, select, prepare, & handle resources effectively. Can collect & carry sensibly alone, when prompted & used correctly. Can use the correct technique to jump over a small object.</p> <ul style="list-style-type: none"> ✓ Starting activity: Jumping on the Spot ✓ Main activity: Jumping Over ✓ Performance activity: Horse Race 	<ul style="list-style-type: none"> ✓ Can communicate, select, prepare, & handle resources effectively. ✓ Can discuss the skills needed to jump and land safely ✓ Can you explain how you need to use balance to perform a jump? ✓ How do you land safely? Can you change your foot pattern upon take off and landing? ✓ How can you control your jumping when trying to be fast? ✓ Explain the correct technique for jumping 	<ul style="list-style-type: none"> ✓ Can collect & carry sensibly alone, when prompted & used correctly. ✓ Can use the correct technique to jump over a small object. ✓ Head up ✓ Bend your knees (take off & landing) ✓ Swing arms forward & up ✓ Jump & reach up ✓ Start in a balanced position & good posture ✓ Controlled landing with knees bent 	jump land	Over Up Knees bent Take off

4	<p>Learning Objective: Can roll a ball along a line or to a target, track it and pick it up. Understand and explain which activities are good for our health. Can suggest movements that increase heart rate</p> <ul style="list-style-type: none"> ✓ Starting activity: Rolling the ball ✓ Main activity: Down the Track ✓ Performance activity: Game ball 	<ul style="list-style-type: none"> ✓ Understand and explain which activities are good for our health. ✓ Can suggest movements that increase heart rate ✓ Can discuss the skills needed to roll a ball ✓ How much force do you need for the ball to reach your partner? ✓ Can you push the ball with 2 hands or even with 1 hand? ✓ What happens if you use 2 hands or your other foot? ✓ Which muscles are we using when kicking or pushing? ✓ How would the amount of force affect the muscles you use? ✓ Why do we have rules when we play games? 	<ul style="list-style-type: none"> ✓ Can roll a ball along a line or to a target, track it and pick it up. ✓ Sit with legs apart ✓ Put the ball on the floor in front if you ✓ Place 2 hands on top and behind the ball ✓ Place 2 hands on top and behind the ball ✓ Adjust the amount of force keep the ball under control ✓ Don't push or kick too hard ✓ Follow through with arms or legs ✓ Think about the direction & amount of force 	<p>Hands Feet Kicking Stop</p>	<p>Pushing Control track</p>
5	<p>Learning Objective: To hold a hockey stick correctly & manoeuvre a ball through a set route.</p> <ul style="list-style-type: none"> ✓ Starting activity: Slalom ✓ Main activity: A,B,C,D ✓ Performance activity: Shinty 	<ul style="list-style-type: none"> ✓ Understand and explain the importance of good health, exercise & food ✓ Can discuss the skills needed to hold a hockey stick correctly and manoeuvre a ball ✓ Why do we need to keep our heads up? ✓ Who needs to control the ball, the sender or receiver? ✓ Show the correct hand position on the stick ✓ Why would you need to be physically fit to play either game well? 	<ul style="list-style-type: none"> ✓ To hold a hockey stick correctly & manoeuvre a ball through a set route. ✓ Place right hand at the base of the grip ✓ Left hand at the top ✓ Thumb and index finger meet its called 'V' ✓ Hands should face the edge ✓ Keep elbows straight when passing ✓ Place ball slightly in front of you to pass ✓ left shoulder face the direction of target ✓ Think about the direction & amount of force ✓ Follow through with the stick after pass 		<p>Stick Control Manoeuvre Dribble Send Receive Pass</p>

6	<p>Learning Objective: Can move confidently & creatively with control, balance & coordination. Can use arms and legs simultaneously. Can hit a target most of the time with correct technique for overarm throw</p> <ul style="list-style-type: none"> ✓ Starting activity: Throwing Stations ✓ Main activity: Standing on the Battlements ✓ Performance activity: Throw for Distance 	<p>✓Can discuss the skills needed to hit a target most of the time with correct technique for overarm throw</p> <ul style="list-style-type: none"> ✓Explain why you need to follow through after the throw? ✓Why do we move our weight from one foot to the other? ✓Can you hit the target? ✓What changes need to be made if it's further away? ✓How can you achieve a longer distance? ✓Explain to a partner the correct technique for using an overarm throw. 	<p>✓Can move confidently & creatively with control, balance & coordination.</p> <p>✓Can use arms and legs simultaneously.</p> <p>✓Can hit a target most of the time with correct technique for overarm throw</p> <ul style="list-style-type: none"> ✓Non-throwing arm pointing at target ✓Keep eyes up and focused on the target ✓Put the weight on to the back foot. ✓Push forwards to put weight on to the front ✓Bring throwing arm back behind the head 	Distance	Target Overarm Overhead Weight Accuracy
7	<p>Learning Objective: Respond to instructions and do not disrupt others. Use many of the skills from previous learning to overcome obstacles. Show a positive attitude towards activities and other pupils.</p> <ul style="list-style-type: none"> ✓ Starting activity: Jousting ✓ Main activity: Jousting Hurdles ✓ Performance activity: Obstacle Course 	<p>✓Show a positive attitude towards activities and other pupils.</p> <ul style="list-style-type: none"> ✓How can you improve your own performance? ✓Have you remembered how to jump and control a ball? ✓What key skills are we using in this obstacle course? 	<p>✓Respond to instructions and do not disrupt others.</p> <p>✓Use many of the skills from previous learning to overcome obstacles.</p> <ul style="list-style-type: none"> ✓focus on quick feet. ✓Stay on the balls of your feet ✓Start in balanced position, good posture ✓Landing should be controlled, knees bent ✓Hold hockey stick correctly ✓Create the V on the stick ✓Ensure the layout is safe ✓ Make sure the course can be completed quickly 	Jump Speed Direction Balance	Obstacle Jousting Manoeuvre

