



Hallcroft Infant & Nursery School

PE Lesson Sequence



Spring 2 - Year 1

Invasion Games

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.*
- **Multi skills (Autumn 1)** *move confidently and creatively with control, to show clear intent of direction, to move at varying speeds using the correct arm and leg motion, roll a ball to a target, hit a target correctly with the correct technique for underarm and overarm throw*
- **Dance (Autumn 2)** *can move confidently and creatively with control, balance and coordination, can stay within an area when moving, managing all body parts in isolation, can work well with others, will move using a range of levels and directions, use a variety of level, direction and types of movement*
- **Gymnastics (Spring 1)** *can move creatively with control, balance and coordination, can show a clear intent of direction when travelling managing their weight, can work with others, taking turns and sharing without prompts, can cooperate and work in small teams showing respect to others, can make judgements to improve their work*

	Learning Objective	What will be known and remembered (Substantive)	What will be... (Disciplinary)	Revisited Vocabulary	New Vocabulary
1	<p>Learning Objective: Safely negotiate space both indoors and outdoors. To show clear intent of direction when travel, managing weight</p> <ul style="list-style-type: none">✓ Starting activity: bubbles✓ Main activity: rubber ducks✓ Performance activity: bubble bath	<ul style="list-style-type: none">✓ To know how to move within space safely avoiding obstacles✓ Can discuss skills needed to change direction✓ What is a space? How can we find one?✓ How can we keep safe in this activity?✓ What does dodge mean?✓ What does avoid mean?✓ Who can you see being safe? How are they being safe? How are you being safe?✓ What does chase mean? How is this done safely?	<ul style="list-style-type: none">✓ Safely negotiate space both indoors and outdoors.✓ To show clear intent of direction when travel, managing weight✓ Head up, looking in front and sideways✓ Soft knees to support balance and dodging	Space	Dodge Avoid chase safe (in context)

2	<p>Learning Objective: to perform fundamentals of movement (ABC's) with control and confidence. To show a positive attitude towards activities and other pupils. Change direction quickly/Can use arms and legs simultaneously. Respond to instructions and do not disrupt others</p> <ul style="list-style-type: none"> ✓ Starting activity: farmyard ✓ Main activity: shaking scarecrows ✓ Performance activity: show ponies ✓ 	<ul style="list-style-type: none"> ✓To show a positive attitude towards activities and other pupils. ✓Respond to instructions and do not disrupt others ✓Can discuss skills needed to demonstrate fundamental movements ✓What does balance look like when moving? ✓Tell me how you rolled/caught the ball? ✓Why are rules important in games? ✓What is teamwork? How will this help you when working with a partner? ✓How can you make it easier for you and your partner so you can do more passes? 	<ul style="list-style-type: none"> ✓perform fundamentals of movement (ABC's) with control and confidence. ✓Change direction quickly/Can use arms and legs simultaneously. ✓ Head up, looking in front and sideways ✓Eye on the target when passing ✓Eye on the ball when catching ✓Hands out ready to catch when catching ✓amount of force needed for pass 	Space Roll Catch	Rules pass teamwork
3	<p>Learning Objective: to describe and comment on their own and each others actions and feelings. To cooperate and work in small teams. Know and show the importance of sharing with others. Can work well others, taking turns and sharing without prompt</p> <ul style="list-style-type: none"> ✓Starting activity: alien invasion ✓Main activity: lazars ✓Performance activity: alien attack 	<ul style="list-style-type: none"> ✓describe and comment on their own and each others actions and feelings. ✓Know and show the importance of sharing with others. ✓What does co-operate mean? - reference sharing scarecrows last lesson ✓How can we co-operate in this activity? ✓Why is it important including everyone in team games? ✓What is respect? How is this working well with others if not on your team? ✓How should you behave if you win/lose a game? 	<ul style="list-style-type: none"> ✓to cooperate and work in small teams ✓work well others, taking turns and sharing without prompt ✓Soft knees to support balance and dodging ✓Head up, looking in front and sideways ✓Communicate to help each other ✓Hands ready at all times ✓Amount of force needed when passing ✓Helping each other helps you trying to win ✓Remaining respectful if win/lose 	Share Teamwork help	Cooperate respect

4	<p>Learning Objective: recognises and describe how their body feels during and after activity. Working well with others and showing respect. Able to identify heart beating faster and sweating. Share and include others equally</p> <ul style="list-style-type: none"> ✓ Starting activity: the wild west ✓ Main activity: bank raid ✓ Performance activity: sheriffs and outlaws 	<ul style="list-style-type: none"> ✓ recognises and describe how their body feels during and after activity. ✓ To share and include others equally ✓ To be able to identify their heart beating faster and sweating. ✓ Why is honesty important in this game? ✓ What changes have happened to your body since running? ✓ Why is it important to involve others equally? ✓ How can working as a team help you from getting too tired when exercising? ✓ When should you respect others (want them to say all the time)? ✓ What are the rules in this game? ✓ How is following rules and honesty showing respect? ✓ How should you react when you win or lose? 	<ul style="list-style-type: none"> ✓ Working well with others and showing respect ✓ Describing how their body feels during and after activity ✓ To develop locomotion and stabilisation skills ✓ Soft knees to support balance and dodging ✓ Head up, looking in front and sideways ✓ Eye on ball to catch/target to pass 	Rules teamwork	Honesty Heart rate sweat
5	<p>Learning Objective: demonstrate some understanding of simple tactics to attack and defend. To listen and respond to set tasks following expectation and rules. Can identify the correct role based on possession & create/close space Can follow rules given with little or no prompt</p> <ul style="list-style-type: none"> ✓ Starting activity: High 5 scuba dive ✓ Main activity: Sink or swim ✓ Performance activity: Battleships 	<ul style="list-style-type: none"> ✓ demonstrate some understanding of simple tactics to attack and defend. ✓ To listen and respond to set tasks following expectation and rules. ✓ Can identify the correct role based on possession & create/close space ✓ What are the rules for this activity? ✓ Why are rules important in games? ✓ What should you do if you see someone not following the rules? ✓ What does intercept mean (deliverer to explain first)? ✓ Who is the attacker/defender in this game? ✓ How do you know who the attackers/defenders are when watching football/netball/rugby/basketball? ✓ What does mark mean (deliverer to explain first)? Why is this important? What does possession mean (deliverer to explain first)? 	<ul style="list-style-type: none"> ✓ demonstrate some understanding of simple tactics to attack and defend. ✓ To listen and respond to set tasks following expectation and rules. Can follow rules given with little or no prompt ✓ Head up, looking in front and sideways ✓ Soft knees to support balance and dodging ✓ Attackers look for space to receive ball ✓ Defenders close space and mark an attacker ✓ Discuss role change - gain/lose possession 	rules	Attack Defend Possession mark

		✓			
6	Learning Objective: understand and explain which activities are good for our health. Can suggest movements that increase heart rate To stay on task during the lesson <ul style="list-style-type: none"> ✓ Starting activity: raise your rate ✓ Main activity: bank raid ✓ Performance activity: sheriffs and outlaws 	<ul style="list-style-type: none"> ✓ understand and explain which activities are good for our health. ✓ Can suggest movements that increase heart rate ✓ What changes do you notice to your body when your heart rate goes faster? ✓ Can you suggest 3 exercises you can do to raise heart rate ✓ Why is it important to involve others equally? ✓ What are the rules for this activity? What should you do if the game stops? ✓ When should you respect others (want them to say all the time)? ✓ How is following rules and honesty showing respect? ✓ How should you react when you win or lose? 	<ul style="list-style-type: none"> ✓ To stay on task during the lesson ✓ to develop agility, locomotion and cooperation skills ✓ Head up, looking in front and sideways ✓ Soft knees to support balance and dodging ✓ Eye on bal. l to catch/target to pass 	Rules Teamwork Honesty Heart rate respect	
7	Learning Objective: to demonstrate some understanding of simple tactics to attack and defend. To communicate, select and handle appropriate resources effectively. Can identify the correct role based on possession & create/close space . Can collect and carry sensibly and used for its intended purpose <ul style="list-style-type: none"> ✓ Starting activity: competition preparation ✓ Main activity: competition ✓ Performance activity: competition review and part 2 	<ul style="list-style-type: none"> ✓ to demonstrate some understanding of simple tactics to attack and defend. ✓ To communicate, select and handle appropriate resources effectively. ✓ Can identify the correct role based on possession & create/close space . ✓ Can collect and carry sensibly and used for its intended purpose ✓ How can you help keep the game flowing? ✓ How do you use the equipment you have safely? ✓ Who can you see using equipment safely? How are they doing this? ✓ Who are the attackers in the game you are watching? How do you know this? ✓ What does mark mean? How does this help defenders? ✓ What does possession mean? ✓ If I intercept the ball, I become the (attacker) 	<ul style="list-style-type: none"> ✓ To identify the correct role based on possession and create/close space ✓ can demonstrate simple tactics to attack and defend ✓ can collect and carry equipment safely and use it for its intended purpose ✓ Attackers to create space to get the ball ✓ Defenders close space - mark a player each ✓ Eye on target for pass/shoot-ball for catch 	Attack Defend Possession Mark safe	intercept