

Class One PE: Lent Term: Fundamentals

Introduction

As in all units, pupils develop physical, social, emotional and thinking whole child objectives.

In this unit children will develop their fundamental movement skills through the topic of 'all about me'. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities.

They will learn how to stay safe using space, working independently and with a partner.

Key Skills

- Physical: balancing
- Physical: running
- Physical: jumping
- Physical: changing direction
- Physical: hopping
- Physical: travelling

- Social: working safely
- Social: responsibility
- Social: helping others
- Emotional: honesty
- Emotional: challenging myself
- Emotional: determination
- Thinking: decision making
- Thinking: selecting and applying actions
- Thinking: using tactics

Learning Objective

LESSON 1	Theme: body parts To develop balancing whilst stationary and on the move.
LESSON 2	Theme: feelings To develop running and stopping.

LESSON 3	Theme: our senses To develop changing direction.
LESSON 4	Theme: ways we look after ourselves To develop jumping and landing.
LESSON 5	Theme: my favourite things To develop hopping and landing with control.
LESSON 6	Theme: it's good to be me To explore different ways to travel.

CLASS ONE

- I am confident to try new challenges.
- I can negotiate space safely with consideration for myself and others.
- I follow instructions involving several ideas or actions.
- I play co-operatively, take turns and encourage others.

I play games honestly with consideration of the rules.

I use movement skills with developing balance and co-ordination when playing games.

Links to the National Curriculum

LITERACY

Listening and following instructions.

Expressing ideas.

Communicating with others.

MATHS

Counting numbers in games.

Counting number of cones and jumps.

Travelling in different directions.

Identifying colours.

COMMUNICATION AND LANGUAGE

Learning vocabulary – balance, muscle, body parts, direction.

Commenting on performances.

PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

Working in small groups.

Learning to take turns .

Understanding how to move safely around others and in different spaces.

EXPRESSIVE ARTS AND DESIGN

Sharing ideas through movement.

Exploring and understanding how to move safely as an individual.