

National Curriculum:

This unit links to the following strands of the EYFS:

Gross motor skills

Subject: PE

Introduction to PE

Context:

In this unit children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'. They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping, skipping.

Prior Knowledge:

I am beginning to demonstrate balance.

I am beginning to negotiate space safely.

I am beginning to take turns with others.

I can explore movement skills.

I can make guided choices.



Key Vocabulary:

Demonstrate

Balance

Independent

Choices

Actions

Instructions

Co-operatively



Get Set 4
Education

Sticky Knowledge:

I can demonstrate balance.

I can make independent choices.

I can negotiate space safely with consideration for myself and others.

I follow instructions involving several ideas or actions.

I play co-operatively and take turns with others.

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

Lesson focus

LESSON 1 Theme: witches and wizards

To move safely and sensibly in a space with consideration of others.

LESSON 2 Theme: pirates

To develop moving safely and stopping with control.

LESSON 3 Theme: mythical creatures

To use equipment safely and responsibly.

LESSON 4 Theme: to the castle

To use different travelling actions whilst following a path.

LESSON 5 Theme: superheroes

To work with others co-operatively and play as a group.

LESSON 6 Theme: monsters

To follow, copy and lead a partner.

Skills:

- Physical: run, jump, hop, skip, balance, crawl
- Social: share, communication, work safely, co-operation, leadership
- Emotional: independence, perseverance, confidence
- Thinking: select and apply actions, comprehension, reflection, make decisions