

P.E Planning Autumn 2 2023

Week	LO	Activity
1	<ul style="list-style-type: none"> I experiment with different ways of moving, testing out ideas and adapting movements to reduce risk I can show increasing control over an object by moving it in a range of ways (parachute) 	<ul style="list-style-type: none"> Finding a safe space Warm up – Bean game Model how to use parachute and outline expectations (how we hold the parachute, need to work as a team etc) Parachute game focus: exploratory play with the parachute. Can we make big movements/small/fast/slow? Can we do a combination of these (e.g big, slow movements). Final parachute game: flying saucer (big movements with parachute and then let go so parachute floats away). Cool down – Hibernating hedgehogs.
2	<ul style="list-style-type: none"> I experiment with different ways of moving, testing out ideas and adapting movements to reduce risk I can show increasing control over an object by moving it in a range of ways (parachute) 	<ul style="list-style-type: none"> Finding a safe space Warm up – Race car game Recap how to use parachute and outline expectations (how we hold the parachute, need to work as a team etc) Parachute game focus: moving the parachute as a team. The Wave: Children put their hands up, one after another, in order – creating a synchronized "wave" like in the stands at a stadium sports game. Merry-Go-Round: Children turn their bodies sideways and hold the chute with one hand. They then walk around in a circle, making a "Merry-Go-Round." For variety, children can hop, skip, jump, etc. You can stop music as a cue to reverse and go the other direction. Mushroom: Standing, lift the parachute waist height. Count to three - with "one" and "two" being small practice lifts. On three, all lift the chute overhead, and crouch down pulling the parachute edges down as well. This creates what looks like a "mushroom." Cool down – Hibernating hedgehogs.
3	<ul style="list-style-type: none"> I experiment with different ways of moving, testing out ideas and adapting movements to reduce risk I can show increasing control over an object by moving it in a range of ways (parachute) 	<ul style="list-style-type: none"> Finding a safe space Warm up – Race car game Recap how to use parachute and outline expectations (how we hold the parachute, need to work as a team etc) Parachute game: using a ball on the parachute. How can we move the parachute so the ball rolls all the way around the edge of the parachute? How can we bounce the ball off the parachute? 2 different coloured balls: split the children into 2 teams (each half of the parachute being a team) how can they bounce the other teams ball off the parachute while keeping theirs on the parachute? Cool down – Backward boats
4	<ul style="list-style-type: none"> I experiment with different ways of moving, testing out ideas and adapting movements to reduce risk 	<ul style="list-style-type: none"> Finding a safe space Warm up – DVD Player Recap how to use parachute and outline expectations (how we hold the parachute, need to work as a team etc)


	<ul style="list-style-type: none"> I can show increasing control over an object by moving it in a range of ways (parachute) 	<ul style="list-style-type: none"> Parachute game focus: moving underneath the parachute. Children to do 3 big slow movements on the parachute. On the third movement, T to say a certain criteria and the corresponding children to run underneath the parachute and swap places. Start with 2 children's names, then build up to colour groups, hair colour, names that start with .. etc. Cool down – Backward boats
5	<ul style="list-style-type: none"> I experiment with different ways of moving, testing out ideas and adapting movements to reduce risk I can show increasing control over an object by moving it in a range of ways (parachute) 	<ul style="list-style-type: none"> Finding a safe space Warm up – DVD Player Recap how to use parachute and outline expectations (how we hold the parachute, need to work as a team etc) Parachute game focus: consolidation of parachute skills. Choose games from previous lessons that the children found particularly challenging/need additional time to practise. Or if children are secure at all the above games introduce some of the games below. Bouncing Balls: Have one or two children under the chute trying to hit the balls as they touch the surface, knocking them off the parachute (from underneath.) Popcorn: Place a number of beanbags, small balls, or cottonballs onto the parachute. Shake to make them pop up like "popcorn". Beach Ball Fun: Use a beach ball, moving it with waves, around on the parachute. Cool down – Backward boats

Warm-Up
DVD Player

Hold up the cards and shout out the different commands. Children should respond to the different controls by doing different actions.

rewind walk backwards	stop stop	eject jump up
play walk around	pause jump on the spot	
fast forward run	record pull a funny face	

The first few times you play this game you will have to remind the children of the actions, or you could introduce the actions a few at a time.



Cool-Down > Hibernating Hedgehogs

- Tell children that they are going to pretend to be a hedgehog.
- Children should move about slowly on all fours.

Shout out: **'Hedgehogs hibernate!'**

- Children should then curl up as small as possible into a ball.
- Repeat the activity.

The cool-down activity should last a couple of minutes.



Cool-Down > Backward Boats

- Ask all the children to sit on the floor.
- Tell the children they are in rowing boats, then model the action of rowing.
- Explain that the only direction they can travel in is backwards.
- Warn children to be aware of other boats (children) around them.
- Children should sit with their knees up and as they row they should straighten their legs so they move backwards.
- Children should slow row backwards around the space.

The cool-down activity should last a couple of minutes.

