

P.E Planning Autumn 1 2023

Week	LO	Activity
1	•	•
2	I can move freely and confidently in a range of ways such as slithering shuffling, sliding, rolling, walking, crawling, jumping and running	<ul style="list-style-type: none"> Finding a space. Warm up action song- https://www.youtube.com/watch?v=dUXk8Nc5qQ8 Model and practise moving around the hall in different ways (jogging, hopping, skipping, jumping, giant strides, tiptoe) Move and freeze (shout out a movement then shout freeze to stop) Cool Down- sleeping lions.
3	I can move freely and confidently in a range of ways such as slithering shuffling, sliding, rolling, walking, crawling, jumping and running	<ul style="list-style-type: none"> Finding a space. Warm up action song- https://www.youtube.com/watch?v=dUXk8Nc5qQ8 Model and practise moving around the hall in different ways (jogging, hopping, skipping, jumping, giant strides, tiptoe) Move and freeze (shout out a movement then shout freeze to stop) Cool Down- sleeping lions.
4	I can move freely and confidently in a range of ways such as slithering shuffling, sliding, rolling, walking, crawling, jumping and running	<ul style="list-style-type: none"> Finding a space. Warm up action song- https://www.youtube.com/watch?v=dUXk8Nc5qQ8 Model and practise moving around the hall in different ways like animals (slither like a snake, crawl like a tiger, jump like a kangaroo, on all fours sideways like a crab, gallop like a horse) Move and freeze (shout out an animal then shout freeze to stop) Cool Down- sleeping lions.
5	I can move freely and confidently in a range of ways such as slithering shuffling, sliding, rolling, walking, crawling, jumping and running	<ul style="list-style-type: none"> Finding a space. Warm up action song- https://www.youtube.com/watch?v=dUXk8Nc5qQ8 Model and practise moving around the hall in different ways like animals (slither like a snake, crawl like a tiger, jump like a kangaroo, on all fours sideways like a crab, gallop like a horse) Responding to a sound- use different instruments for some of the animals. When they hear the instrument, they move like the animal. Cool Down- sleeping lions.
6	I can move freely and confidently in a range of ways such as slithering shuffling, sliding, rolling, walking, crawling, jumping and running	<ul style="list-style-type: none"> Finding a space. Warm up action song- https://www.youtube.com/watch?v=dUXk8Nc5qQ8 Model and practise moving around the hall in different ways (jogging, skipping, hopping, jumping). Have different colour hoops spread all across the hall. Teacher to shout a colour

		<p>and children to continue moving in the same style (e.g jogging, skipping, hopping, jumping) to the correct colour hoop. Approx 2-4 children stood in a hoop.</p> <ul style="list-style-type: none"> • Activity (see above) • Cool Down- sleeping lions.
7	<p>I can move freely and confidently in a range of ways such as slithering shuffling, sliding, rolling, walking, crawling, jumping and running</p>	<ul style="list-style-type: none"> • Finding a space. • Warm up action song- https://www.youtube.com/watch?v=dUXk8Nc5qQ8 • Model and practise moving around the hall in different ways (jogging, skipping, hopping, jumping). Have different colour hoops spread all across the hall. Teacher to shout a colour and children to continue moving in the same style (e.g jogging, skipping, hopping, jumping) to the correct colour hoop. Approx 2-4 children stood in a hoop. • Activity (see above) • Cool Down- sleeping lions.