

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 (balance bike) 	<ul style="list-style-type: none"> Finding a safe space Warm up – Musical stones (Balanceability course training pg 54) Model today's activities. Bench shuffle (1), Walk the bike (2). Model correct hold of bikes and helmets. If time/more activities required in carousel: Beanbag race (4) and Ride the lane (3) To have the different activities set up. Children to work in small groups, rotating round to each activity.
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 (balance bike) 	<ul style="list-style-type: none"> Finding a safe space Warm up – Musical stones (Balanceability course training pg 54) Model today's first activity: Bean Bag race (4). Children to participate in the beanbag race game. Recap how to place helmets on and the correct hold of bikes. Model today's second activity: Ride the lane (3)
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 (balance bike) 	<ul style="list-style-type: none"> Finding a safe space Warm up – Island Hopping (Balanceability course training pg 54) Model today's first activity: Bench games beanbags (5). Children to participate in the bench beanbag game. Recap how to place helmets on and the correct hold of bikes. Model today's second activity: Glider Rider (7).
4	<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 (balance bike) 	<ul style="list-style-type: none"> Finding a safe space Warm up – Island Hopping (Balanceability course training pg 54) Model today's first activity: Walk the plank (6). Children walk in along the wooden planks. Recap how to place helmets on and the correct hold of bikes. Model today's second activity: Freestyler (8).
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 (balance bike) 	<ul style="list-style-type: none"> Finding a safe space Warm up – Balance beam activities (Balanceability course training pg 54) Model today's first activity: Wiggly Weaver (9). Children walk in and out of the cones (no bikes) Recap how to place helmets on and the correct hold of bikes. Continue the activity Wiggly weaver (9). This time children to weave in and out of the cones on the bikes.

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.

