

## P.E Planning Autumn 2 2024

Week	LO	Activity
1	<ul style="list-style-type: none"> <li>I experiment with different ways of moving, testing out ideas and adapting movements to reduce risk</li> <li>I can show increasing control over an object by moving it in a range of ways (parachute)</li> </ul>	<ul style="list-style-type: none"> <li>Finding a safe space</li> <li>Warm up – Bean game</li> <li>Model how to use parachute and outline expectations (how we hold the parachute, need to work as a team etc)</li> <li><b>Parachute game focus: exploratory play with the parachute.</b> 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).</li> <li>Cool down – Hibernating hedgehogs.</li> </ul>
2	<ul style="list-style-type: none"> <li>I experiment with different ways of moving, testing out ideas and adapting movements to reduce risk</li> <li>I can show increasing control over an object by moving it in a range of ways (parachute)</li> </ul>	<ul style="list-style-type: none"> <li>Finding a safe space</li> <li>Warm up – Race car game</li> <li>Recap how to use parachute and outline expectations (how we hold the parachute, need to work as a team etc)</li> <li><b>Parachute game focus: moving the parachute as a team.</b></li> <li>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.</li> <li>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.</li> <li>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."</li> <li>Cool down – Hibernating hedgehogs.</li> </ul>
3	<ul style="list-style-type: none"> <li>I experiment with different ways of moving, testing out ideas and adapting movements to reduce risk</li> <li>I can show increasing control over an object by moving it in a range of ways (parachute)</li> </ul>	<ul style="list-style-type: none"> <li>Finding a safe space</li> <li>Warm up – Race car game</li> <li>Recap how to use parachute and outline expectations (how we hold the parachute, need to work as a team etc)</li> <li><b>Parachute game: using a ball on the parachute.</b> 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?</li> <li>Cool down – Backward boats</li> </ul>
4	<ul style="list-style-type: none"> <li>I experiment with different ways of moving, testing out ideas and adapting movements to reduce risk</li> </ul>	<ul style="list-style-type: none"> <li>Finding a safe space</li> <li>Warm up – DVD Player</li> <li>Recap how to use parachute and outline expectations (how we hold the parachute, need to work as a team etc)</li> </ul>

	<ul style="list-style-type: none"> <li>I can show increasing control over an object by moving it in a range of ways (parachute)</li> </ul>	<ul style="list-style-type: none"> <li><b>Parachute game focus: moving underneath the parachute.</b></li> <li>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.</li> <li>Cool down – Backward boats</li> </ul>
5	<ul style="list-style-type: none"> <li>I experiment with different ways of moving, testing out ideas and adapting movements to reduce risk</li> <li>I can show increasing control over an object by moving it in a range of ways (parachute)</li> </ul>	<ul style="list-style-type: none"> <li>Finding a safe space</li> <li>Warm up – DVD Player</li> <li>Recap how to use parachute and outline expectations (how we hold the parachute, need to work as a team etc)</li> <li><b>Parachute game focus: consolidation of parachute skills.</b></li> <li>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.</li> <li>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.)</li> <li>Popcorn: Place a number of beanbags, small balls, or cottonballs onto the parachute. Shake to make them pop up like "popcorn".</li> <li>Beach Ball Fun: Use a beach ball, moving it with waves, around on the parachute.</li> <li>Cool down – Backward boats</li> </ul>


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.

<b>rewind</b> walk backwards	<b>stop</b> stop	<b>eject</b> jump up
<b>play</b> walk around	<b>pause</b> jump on the spot	
<b>fast forward</b> run	<b>record</b> 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.

