

## P.E Planning Spring 1 2025

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