



PE Home Learning YR and KS1
Lesson Plan Ideas - LESSON 1



Learning objectives:

1. To move quickly with control

Warm up: Use a safe space to warm up. Do these warm up exercises on the spot: (this should take 10 minutes).

- Jog on the spot
- Star jumps
- Hop on one leg and then the other
- Jump on the spot
- Climb the ladder
- Touch the floor and jump in the air.

Stretches (use the technique card to help you).

Use the technique card to help you set up your Agility Zone.

Task 1: Start in the middle of your two objects. Move to touch the first object with your foot and then return to your base. Now touch the next item and return to your base. Do this four times and have a short rest. Use the technique card to help you with this task. Repeat this 3 times (remember to move back to your base after each movement).

Task 2: Use the checklist on the technique card to help you improve your movement skills. Repeat Task 1 but now use your hand to touch the objects. You could move your objects further away from your base (this will make it harder).

Task 3: Choose one of the challenges, A, B or C.

Challenge A: Choose a new order to move in. For example, if you started by touching the gloves first, now start by touching the socks. You might want to touch the socks twice and then touch the gloves twice. You can decide on your own movement pattern. Repeat this new pattern 3 times. Time yourself and see how long it takes you. This is a personal best. Use the technique card to help you improve and try and beat your best.

Challenge B: Start lying on your back or sitting down on your hands. Shout 'go' and jump up to touch the objects in any order. Remember to move back to your base after each action. Time yourself and see how long it takes you to touch the objects four times. This is a personal best. Use the technique card to help you improve and try and beat your best.

Challenge C: Change the way that you move. Choose either hopping or jumping and touch the object with your hands. Have a practice and then time yourself and see how long it takes you. This is a personal best. Use the technique card to help you improve and try and beat your best.

Remember you can make this harder by moving your objects further away or make it easier by moving them closer together. You could always add another object too.

Cool down and stretch – use the technique card to help you.

Success Criteria:

Use these questions to help with your independent learning.

Can you say three things that you need to do with your body, to move quickly to touch the objects? (Use the checklist to help you).

Did you beat your personal best?

Did you improve your technique?

How could you make this game easier or harder?

Learning objectives:

1. To move quickly with control.

Warm up and cool down stretches:



- 1) **Set up your Agility Zone:** Use two small, different items to mark out a line. Leave about 2 metres between each item. This can be a straight line (A) or a diagonal line (B). This is called your Agility Zone. Place a small, soft item in the middle of the line, in between your two objects. This will be your 'base'.

(A) Straight line:

- socks
- gloves

X (base)

(B) Diagonal Line:

(base) X



- 2) **Agility – How to move quickly with control:**

Checklist:

- ✓ Feet shoulder width apart
- ✓ Knees bent in readiness
- ✓ Head up (look forwards)
- ✓ Arms ready for balance
- ✓ Take small, quick steps
- ✓ Lunge to touch the object
- ✓ Use the lower body, keep your head still
- ✓ Quick steps back to your base
- ✓ Stay on your toes

