



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





PE Home Learning YR and KS1

Lesson Plan Ideas – LESSON 2



Learning objectives:

1. To jump with control and balance.

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 improve jumping skills.

Let's Jump! Two feet to two feet.

Task 1: Find a safe space to jump in. You could mark out your base with a pair of socks or gloves. Try doing this jumping pattern: Jump forwards (land just in front of your base), jump backwards (onto your base), jump to the side, and jump at an angle (diagonal). Remember to take-off on two feet and land on two feet.

Repeat and practice the jumping pattern. Use the technique card to help you improve your jumping skills.

Task 2: Now try some different jumps: Hopping (one foot to the same), leaping (one foot to the other), two feet to one foot, one foot to two feet and two feet to two feet. Remember to jump back to your base after each jump. How many different jumps can you do? Use the technique card to help you improve your control and balance when you are jumping.

Task 3: Choose **one** of the challenges:

Challenge A: Make a **5 jump pattern**. Think about the type of jump and the direction you are jumping in. Use the technique card to give you some ideas. Practice and repeat your jumping pattern. Can you show someone at home your jumping pattern? Perhaps try and teach it to them.

Challenge B: How many jumps can you do, on and off your base in 30 seconds? Ask an adult to time you. See if you can beat your personal best.

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

Success Criteria:

Use these questions to help with your independent learning.

How many different jumps can you do?

Why do we need to be balanced when we are jumping?

Did you get better at jumping with control?

What is a personal best and how do you try and beat it?

Could you show and tell someone else how to jump with control?

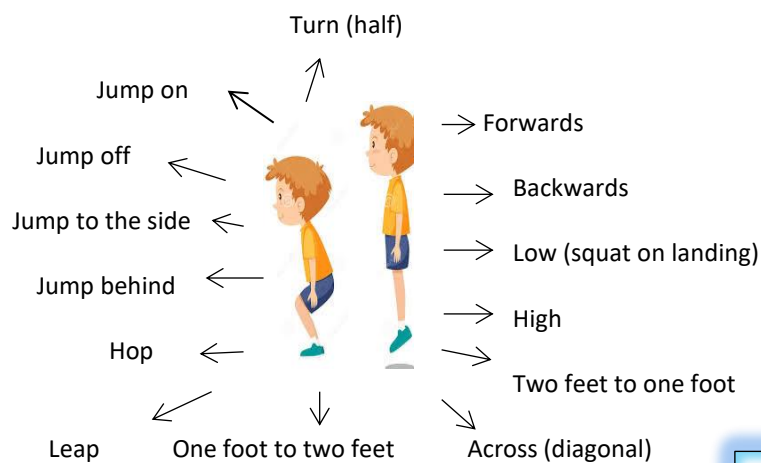
Learning objectives:

1. To jump with control and balance.

Warm up and cool down stretches:



Different kinds of Jumps:



Remember:

- ✓ Keep your head up – look forwards
- ✓ Use your arms for balance
- ✓ Bend your knees on take-off and landing
- ✓ Keep your feet shoulder width apart
- ✓ Keep your back straight

Learning objectives:

1. To develop the jumping skills needed for speed bounce

Warm up: Use a safe space to warm up. Do these warm up exercises on the spot:

- Jog on the spot for 1 minute
- High knees x 10
- Heel flicks x 10
- Ladder climbs x 10
- Repeat

Stretches (use the technique card to help you).

Task 1: Look at the technique card to help you. Place a rolled up towel on the floor. Stand at one side, in the middle of the towel and have a go at jumping over it. Take off on two feet and land on two feet. Can you do this **6 times**? This is called a **speed bounce**.

Task 2: Use the checklist to try and improve your jumping skills. Have another go at jumping over the towel. You could record yourself or ask someone at home to watch and help you.

Now have a go at the 20 second challenge –how many jumps can you do in 20 seconds? Rest and have another go.

Task 2:

How many times can you jump over the towel in 20 seconds?



Task 3: Try at least 2 of these challenges. You can do all 3 if you want to!

1. **Speed Bounce:** How many jumps can you do in 20 seconds? This is your personal best. Have a little rest and repeat the challenge. Can you beat your personal best?
2. **One end to the other:** Start at the end of the towel and jump over the towel all the way to the other end. How many jumps does it take you to get to the end? Repeat this challenge 2 times.
3. **Wiggle jumps:** Place the towel in a wiggly line and practice jumping over it. How many different jumps can you do over your towel?



Cool down – stretches (use the technique card to help you).

Success Criteria:

Use these questions to help with your independent learning.

What are the key things you need to do to jump quickly? (Use the checklist to help you).

Did you find something to focus on and improve?

How did you improve your performance?

Which challenge did you enjoy the most?

Which challenge was the hardest?

Can you name three things that we need to do with our body to be successful at jumping?


Learning objectives:

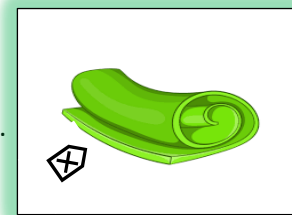
1. To develop the technique used for speed bounce

Warm up and cool down stretches:



How to set up your speed bounce:

- Use a rolled up towel and stand to one side, in the middle. Stand here - 
- Jump over the towel –remember to take off on two feet and land on two feet.
- Jump back over the towel to where you first started.



Speed Bounce:



Checklist:

- ✓ Take off and land on two feet
- ✓ Bend your knees
- ✓ Use your arms for balance – lift them up when you are jumping
- ✓ Keep your head still – look forward
- ✓ Keep your back straight
- ✓ Fast feet – don't give up!



PE Home Learning YR and KS1

Lesson Plan Ideas – LESSON 4



Learning objectives:

1. To develop faster movement skills
2. To throw with control at a target

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).

Task 1: Relay Fun –in the box. You will need five small items (pairs of rolled up socks or gloves will do) and a small box (like a lunchbox). Depending on the space you have, place the box away from you so that you can run to it. Use something as a marker for your starting spot (a loo roll).

Start here **X** Box

Pick up one item and run to your box. Place the socks into the box and then run back to the starting spot. Pick up the next item and repeat until all items are in the box.

Now run and pick up one item and bring it back to your starting spot. Repeat until all items have been collected and returned to the starting spot. Remember - you can only take one item at a time! **Use the technique card to help you improve your running and movement skills.**

Task 2: How quickly can you put all the items **in the box**? Remember - you can only take one item at a time! Use the technique card to help you improve. Use your time as a personal challenge. Rest and try and beat it.

Task 3: How quickly can you take all the items **out of the box**? Remember - you can only take one item at a time! Use the technique card to help improve. Use your time as a personal challenge. Rest and try and beat it. Which is fastest – putting items in the box or picking them up?

Task 4: Hit the target.

Now use your box as a target. Throw your socks and try and hit the box or try and get them to land in the box. **Practice this 5 times.**

Now have 5 attempts to throw the socks into the box. If the socks hit the box, award yourself 5 points. If the socks go into the box, award yourself 10 points. How many points can you get? Remember – you can make this easier by moving closer to your target or make it harder by moving further away. **Use the technique card to help you improve.**

Cool down - stretch (use the technique card to help you).

Success Criteria:

Use these questions to help with your independent learning.

Did you find it easier putting the socks down or picking them up?

What is a personal best?

Did you beat your personal best?

How did you throw the socks into the box?

Could you tell and show someone else how to throw at a target?

Learning objectives:

1. To develop faster movement skills
2. To throw with control at a target

Warm up and cool down stretches:



Running quickly:



- ✓ Keep your head still – look forward
- ✓ Use your arms for balance
- ✓ Take bigger strides

Putting down/picking up and changing direction:

- ✓ Take one big stride towards the box
- ✓ Bend your front knee – keeping a wide base
- ✓ Keep your head up and use your arms for balance
- ✓ Turn on your front foot
- ✓ Push off and turn your head, hips and shoulders in the opposite direction

Throwing at a target:



- ✓ Put your opposite foot forward
- ✓ Bend your knees slightly but keep your head up
- ✓ Hold the object in your hand and bring your arm back
- ✓ Swing your arm forwards, pointing your fingers at your target.
- ✓ Look at your target – concentrate!



PE Home Learning YR and KS1

Lesson Plan Ideas – LESSON 5



Learning objectives:

1. To improve balancing and movement skills
2. To throw at a target 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).

Task 1: You will need a pair of rolled up socks or gloves (or a bean bag). Try standing still and have a go at balancing the socks on different body parts. For example; use alternate hands, the back of your hand, top of your foot, your head or your shoulder. Remember to keep a good, balanced position.

Task 2: Repeat the above activity but now try and balance the socks/bean bag whilst doing the following:

- ✓ Squat
- ✓ Stretch tall, onto tip toes
- ✓ Stretch wide into a star shape
- ✓ Crouch down low, with both feet on the floor
- ✓ Stand on one leg



Repeat this task, but try a different body part to balance your socks/bean bag on. How can you make it harder?

Task 3: Now think of another body part to balance the socks/bean bag on and have a go at moving around your space. Can you move around in different directions? Can you step in and out of a space without dropping your bean bag? Can you travel in different ways, without dropping it?

Task 4: Hungry Teddy! – Feed your teddy by throwing the socks/beanbag at it.

You will need a teddy (the bigger the teddy, the easier the challenge). Practice throwing your socks/bean bag at the teddy. Try standing about 2 metres away from your teddy. Every time you hit the teddy, give yourself 10 points. Repeat this 5 times.

Now try and move further away from your teddy and throw from different starting positions. **Use the technique card to help you improve.**

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

Success Criteria:

Use these questions to help with your independent learning.

How many different body parts did you balance your beanbag/socks on?

What different ways of travelling did you use?

Can you say two things that you should do when you are throwing at a target?

How can you make the Hungry Teddy game harder?

How many points did you get?

Can you make up your own game using the beanbag?

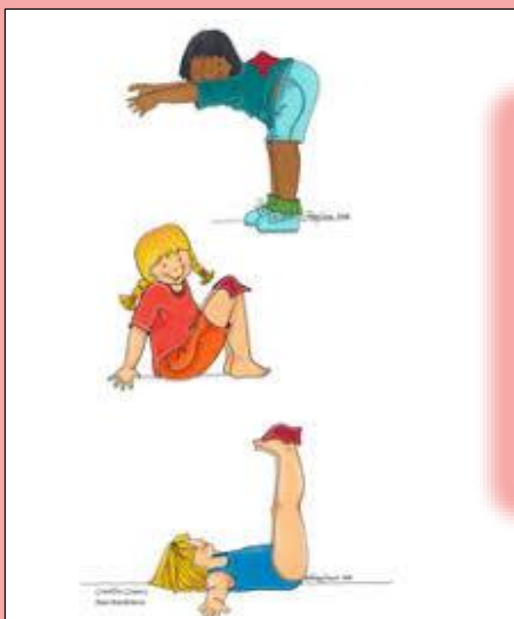
Learning objectives:

1. To improve balancing and movement skills
2. To throw at a target with control.

Warm up and cool down stretches:



How to balance a beanbag/socks on your body:

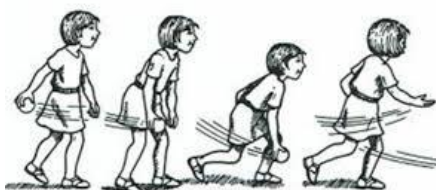


Try to:

- ✓ Keep your feet shoulder width apart
- ✓ Bend your knees slightly
- ✓ Use your arms for balance,
- ✓ Keep the head still and look forwards
- ✓ Keep the beanbag/socks as still

Hungry Teddy! Throwing at a target:

- ✓ Put your non-throwing foot forwards
- ✓ Keep your feet apart
- ✓ Swing your arm backwards and then forwards
- ✓ Take aim by looking at the target
- ✓ Point your arm and hand at the target



Learning objectives:

1. To develop throwing and catching skills

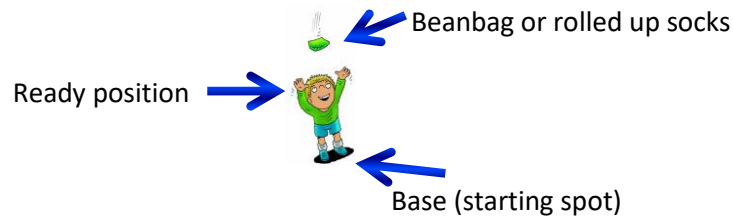
Warm up: Use a safe space to warm up. Do these warm up exercises on the spot: This should take 10 minutes.

- 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).

Beanbag throw

Task 1: You will need a pair of rolled up socks or a beanbag. Use another soft item as a marker for your base. Stand in the ready position.



Practice throwing the beanbag/socks to **head height** and catching it. Remember to throw with one hand and catch with two. Grab the beanbag/socks tightly when you catch it. **Use the technique card to help you.**

Task 2: How many catches can you do in 30 seconds? Rest and repeat and try and beat your personal best. Remember to throw to head height.

Task 3: Target drop:

Stand just behind your base. Can you throw your bean bag/socks up and get it to land on your base? (Use a soft item as a target – a cushion will do). Have 5 attempts to do this. How many times can you do this in 1 minute? This is your personal best. Try and beat it.

Task 4: Try at least **3** of these challenges:

Challenge 1: Try throwing with one hand and catching with the other.

Challenge 2: Try a one handed throw and catch (use the same hand).

Challenge 3: Can you walk around your base throwing with two hands and catching with two hands?

Challenge 4: Can you clap in between each catch or touch the floor?

Challenge 5: Try throwing and catching whilst doing the following: Walking, jogging, hopping and changing direction.

Use the technique card to help you improve your throwing and catching skills.

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

Success Criteria:

Use these questions to help with your independent learning.

How many times did you throw your beanbag/socks and catch them?

How high should you throw the beanbag/socks?

Can you show someone how to throw and catch?

Can you use the checklist to help you improve?

Did you get a personal best?

How did you try and beat it?

Learning objectives:

1. To develop throwing and catching skills

Warm up/cool down stretches:



Throwing and Catching skills. Use the list and the picture to help you improve your skills.

Throwing and catching checklist:

- ✓ Ready position
- ✓ One foot (non-throwing foot) in front of the other
- ✓ Knees slightly bent
- ✓ Head up – look forwards
- ✓ Open your hands and cup your fingers underneath the beanbag/socks
- ✓ Close your fingers around the beanbag/socks
- ✓ Move to meet the beanbag/socks
- ✓ Keep watching the beanbag/socks
- ✓ Be ready to move
- ✓ Throw the beanbag **straight** up

