

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Warm Up	Indoors: Transport Play the movie and encourage children to join in with the actions.	Indoors: Transport Repeat the warm up from lesson 1.	Indoors: Transport Repeat the warm up from lesson 2.	Indoors: Machines Play the movie and encourage children to join in with the actions.	Indoors: Machines Repeat the warm up from lesson 4.	Indoors: Machines Repeat the warm up from lesson 4.
Activity	Display slide and talk about the different aspects of Best Self. Play Cars game - Speed up - Slow down - Roundabout - Change the tyre - Green - Red - Amber	Display slide and talk about the different aspects of Best Self again. Lorry drivers collecting 'different loads' for lorries. Children touch as many cones (the different lorry loads) as they can in 30 seconds. Repeat with new challenges (e.g. hopping, skipping, jumping, walking, how many red cones, how many blue cones etc.)	Display basic jumps slide and work through each type of jump, allowing children time to practise each one. Jumping jeeps Children to discover different ways of jumping.	Display basic jumps slide and work through each type of jump, allowing children time to practise each one. Replay Jumping jeeps Children to practise different ways of jumping.	Display basic jumps slide and work through each type of jump, allowing children time to practise each one.	Display slide & talk about the different aspects of Best Self again. Repeat Cars game from Lesson 1 - Speed up - Slow down - Roundabout - Change the tyre - Green - Red - Amber
Skill	Dodgems with steering wheel Moving, dodging in and out of others. Repeat the activity increasing the speed. Now introduce different ways to travel - skipping, and jumping (high and long). Add in obstacles (e.g. cones).	Running Play the video and encourage the children to join in and copy the activities.	Jumping Play the video and encourage the children to join in and copy the 5 Basic Jumps.	Jumping Play the video and encourage the children to join in and copy the movements.	Standing Horizontal Jumps Jumping from two feet to two feet.	Repeat Dodgems from lesson 1. Moving, dodging in and out of others.
Activity with Skill	Baseline assessment Changing Pace - Gears Game Jumping Activities See lesson page and Assessment Snapshot for details.	Play the video and encourage the children to join in and copy the activities. Speedy Trucks Sprint Be a speedy truck, run there and back using cones to mark the distance. Teacher shouts out different starting positions.	Jump routines Pair the children up and ask them to come up with a jumping routine.	Least amount of jumps The aim is for the child to travel in the least number of jumps between the start and the finish line. Jumping for distance Children should pair up. One of their skipping ropes the start line to do their jump and use the other rope to place where they landed.	Fruit and veg sorting Machine Obstacle course using ropes. Children move around the room jumping over the ropes like fruit and vegetables going through a sorting factory. • 'The conveyor belt' • 'The wonky sorter' • 'The high chopper' • 'The high slider' • 'The swapover'	End of term assessment Changing Pace - Gears Game Jumping Activities See lesson page and Assessment Snapshot for details.

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