

imoves	Lesson 1 Baseline Assess	Lesson 2 Jogging	Lesson 3 Running	Lesson 4 Jumping & Landing	Lesson 5 Jumping & Landing	Lesson 6 End of Term Assess
Warm Up	Indoors: Play dance video Then: Cat & Mouse Tag 4 children are cats and wear bibs. The remaining children are mice. Once tagged, mice stand still. Mice are freed by other mice circling twice.	Indoors: Play dance video Then: Cat & Mouse Tag 2 As lesson 1, then change rules to make more challenging for Cats e.g. - cats have to tag the mouse but then stand guard of it for 5 seconds.	Indoors: Play dance video Then: Cat & Mouse Tag 3 As lesson 1 & 2 then, if a team of 4 mice encircle a cat (by holding hands) the cat is captured and is freed by another cat running round.	Indoors: Play fitness video Then: Birds, Caterpillars & Crabs 'Birds' command = circle arms. 'Caterpillar' = push ups or push along floor. 'Crabs' = move around floor on all 4s like a crab.	Indoors: Play Fitness video Then: Birds, Caterpillars & Crabs 2 Repeated activities but all actions must be completed with only 1 leg being in contact with the floor.	Indoors: Play fitness video Then: Birds, Caterpillars & Crabs 3 Repeated activities but all actions must be either counter balanced, raced against another or mirrored by a partner.
Activity	Baseline Assessment Running, jumping & throwing. Running - children run between two cones. Jumping - jump a distance between cones. Throwing - throw a tennis ball along a distance.	Shuttle Jogging Group into 5/6 teams. Cones in row that follow same pattern i.e., 1 st cone is red, 2 nd is blue etc. Creating a loop of children jogging at set intervals along the row.	Speed Walking 2 - replay Replay lesson 1 1 st then, use Jog Booster. Children are now allowed to jog the circuit for 1 lap instead of speed walking, whenever appropriate – but there is a penalty if chosen	Jump, Jump Children move around space doing small jumps. Start jumping from 1 foot to other. Then jump from 1 foot to same foot. Repeat but from 1 foot to 2 feet.	Mirror Me, Shadow Me, Copy Me <i>Mirror Me:</i> Children mirror others' actions. <i>Shadow Me:</i> Children copy others' actions as if they are their shadow. <i>Copy Me:</i> Child copies sequence made by the other.	End of Term Assessment Running, jumping & throwing. Running - children run between two cones. Jumping - jump a distance between cones. Throwing - throw a tennis ball along a distance.
Skill	Use Assessment Snapshot Continue completing assessment. See lesson page and Assessment Snapshot for details.	Jogging Work in pairs; 1 lead, 1 follow. Leader to lose Follower while Follower to stay close to leader. Shout 'Go' to start and 'Stop' to pause. On 'stop', Follower to be within 2 steps.	Running Technique Children spread out on Speed Walking track. Children copy leg and arm movements while moving slowly within the Speed Walking track. Look for accuracy.	Jumping & Landing 5 Basic Jumps: Two feet to two feet. Two feet to one foot. One foot to two feet. One foot to the same foot (hop). One foot to the other foot (bound).	Jumping & Landing 5 Basic Jumps same as last lesson Skill, also include jumps using a 'compass' directions NESW.	Use Assessment Snapshot Continue completing assessment. See lesson page and Assessment Snapshot for details.
Activity with Skill	Speed Walking Children work in 2s/3s. Aim: complete as many laps of track as possible in set time. Collect beanbag each lap to record points. Use pitlane to swap players.	Speed Walking 2 Replay lesson 1 1 st then, use Jog Booster. Children are now allowed to jog the circuit for 1 lap instead of speed walking, whenever appropriate – but there is a penalty if chosen.	Relays Divide class in 2-4 teams. Cones indicate start/finish. Players wait their turn in pitlane. Children run lap of track carrying baton/ bean bag while the 2 nd runner gets ready to receive.	Jumping Competition Small groups. Children do 5 hops in a row and see who hopped the furthest then hop back. Repeat using jumping and landing skills taught in previous Skill activity.	Combination Jumping Build a triple jump by going through key steps of Hop to same foot, Skip to other foot, Jump to two feet.	Combination Jumping Remind how to build a triple jump by going through key steps of Hop to same foot, Skip to other foot, Jump to two feet. Then, in teams, compete for distance.
Review / Assess	Snapshot Assessment Sheet Use the assessment snapshot form to complete a baseline of where you think your children are at this point in their learning.	2 Stars, 1 Wish Promote self or peer-evaluation depending on what you want the children to work on. Children to think of 2 positive things and one improvement.	2 Stars, 1 Wish Promote self or peer-evaluation depending on what you want the children to work on. Children to think of 2 positive things and one improvement.	Peer Observation Cards Child observes another child in order to provide feedback, support and advice. Inspire children to interact with someone different than their usual go-to.	Peer Observation Cards Child observes another child in order to provide feedback, support and advice. Inspire children to interact with someone different than their usual go-to.	Snapshot Assessment Sheet Use the assessment snapshot form to complete a baseline of where you think your children are at this point in their learning.