

Safe space PE

EYFS KS1

Athletics

Lesson number: 1



Learning objective:

To learn to move at different speeds.

To explore jumping and balancing.

Success criteria:

Sprinting- Swing arms forwards and backwards in a fast action

Balancing- Keep your head still and no wobbling to maintain balance

Whole child objectives:

Emotional: I can work independently in my own space.

Thinking: I can explore different ways of balancing.

Equipment: One cone per pupil.

10

Mins

Warm Up and Introduction

Jack and the Beanstalk - Section 1:

Read Jack and the Beanstalk - Section 1 to the children. All children begin with a cone or spot in their own space.

Jack is travelling to the market- Gears:

Standing next to their own cone, pupils respond to the following instructions:

A

Gear 1: March on the spot.

Slow high knees.

Swing arms (at 90 degrees).

Gear 2: Jog on the spot.

Gear 3: Sprint on the spot.

Fast arms and legs.



Teacher note: you could tap a tambourine to indicate speed for the younger ones. Then they jog in time to the beat. This helps them to understand slow and fast. Repeat with other ways of travelling. Hop, jump, hop scotch.

- B** Stop and question the pupils about what they had to do differently with their bodies when they were jogging or sprinting.

Lift your knees higher when sprinting.

Move your arms faster when sprinting.

Repeat the activity asking the pupils to emphasise lifting their knees high to sprint in gear 3.

30

Mins

Skill Development

Section 2

Jack sold his cow for some magic beans - Magic beans game:

Read section 2 to the pupils. Standing next to their own cone, pupils respond to the following instructions:

- Jumping beans- jump side to side over your cone two feet to two feet.
- Runner bean- running on the spot over your bean.
- Broad bean- Stretch your arms and legs as wide as you can in an X shape.
- Frozen bean- Freeze in any shape you want.
- Baked bean- make a little ball on the floor.
- String bean- Stretch up in a long thin shape.
- Magic bean – make up their own action?

Share what they came up with and give them all the chance to explore new actions. Make this harder by just calling the bean names and seeing if the pupils remember the actions.

Section 3

Jack threw his beans out of his window, the next morning he found the beans had grown up to the sky- Growing and balancing:

Read section 3 of the story, with children jumping when required.

Read section 3 continued. Pupils begin crouched in a ball on the floor balancing the cone on their heads.



Demonstrate slowly growing from a ball to standing tall on your toes keeping the cone balanced on your head.

Let the children explore doing this a few times.

Head still looking straight forward.

Slow, smooth movements.

Make this harder by seeing with the children can stand on one leg or close their eyes.

Make this easier by using a tambourine again, sometimes when they rush, slowly jingle it to indicate how slowly they need to grow. Then see if they can move slowly up without it once they get the hang of it.



Jack began to climb the beanstalk which had huge branches and leaves- Creative climbing:

Read section 4

A Exploring:

Pupils stay by their cone and explore different ways they could climb up the beanstalk with its huge branches and leaves. Encourage them to think about leg and arm movements.

Make this easier by showing the children a climbing action with high knees and reaching arms.

Make this harder by getting the children to think about their facial expressions as climb into the sky.

B Jumping for height:

See how high the pupils can jump with the following combinations:

Two foot take off to two foot landing

One foot take off to one foot landing

3 steps followed by a one foot take off

Swing arms high and drive knee up.

5

Mins

Plenary

Teacher to lead a slow stretch from high string bean stretch to small baked bean ball on the floor. Repeat a few times.

String bean- Stretch up in a long thin shape on toes.

Baked bean- make a little ball on the floor.

While the pupils are resting in their baked bean shapes on the floor. Get them to think about:

What did they do with their body to make it run faster to the market?

What did they do with their head to help them keep the cone balanced on it?



See Jack and the Beanstalk story below.

Jack and the Beanstalk

Section 1

Once upon a time there was a lady who lived on a farm in a little cottage with her son Jack.

Jack and his mother were very poor and barely had enough money to eat. The mother thought the only way to keep Jack and herself from going hungry was to sell their cow; so, one morning she said to Jack, "You must take the cow to market for me and sell her."

Pupils complete the warm up game: Gears.



Section 2

On his way to the market, Jack met a strange man who had some magic beans. The man told Jack that they were special beans, and said that Jack could have the beans if he sold him the cow. Jack agreed and sold the cow for the beans.

Pupils play the magic beans game.



Section 3

Jack's mother was very angry when Jack returned home with the beans and no money. She shouted at Jack for being so silly.

Pupils explore performing some angry two to two feet jumps on the spot. What can they do with their arms, legs and face to show they are angry?

Challenge the children to see how far forwards they can jump from their cone using a two to two feet long jump.

Jack felt very sad and went to his bedroom. He was angry at himself and the man who sold the beans to him.

In his anger, he threw the beans out of his bedroom window and went to bed.

Section 3 continued...

The next morning, he found that the beans had grown, so much so that a beanstalk reached through the clouds and had grown huge roots in the ground.

Jack could not believe his eyes. He called his mother and together they gazed in utter surprise at the beanstalk, which was wide enough to take Jack's weight.

Pupils complete the growing and balancing game on the lesson plan.



Section 4

"I wonder where it goes?" said Jack to his mother; "climb up and see" she said.

Jack began to climb the beanstalk which had huge branches and leaves growing from its' stem.

Pupils complete the creative climbing activity.

