

Classroom PE KS1

KS1



Learning objective:

To develop balance.

Success criteria:

Keep focused on something in front of you to help you to balance.

Whole child objectives:

Social: I can communicate with my teammate.

Emotional: I can play games honestly, keeping an accurate score.

Thinking: I can adapt my actions to meet the outcomes of the task others.

Equipment:

- 30 x base stations
- 30 x beanbags

10

Mins

Warm Up and Introduction

Flamingo walk:

Give the pupils one base station each. Ask them to place it in a space around the classroom and stand on it.

- A** Can they practise balancing on one foot, then on the other?

Hold your arms out to help you to balance.

Slightly bend your standing knee.

Make this harder by closing your eyes.

- B** Can they practise balancing on one foot, reaching to touch the floor and back to standing? How of these can they do without going off balance?

Move slowly.

Make this harder by closing your eyes.

- C** Ask the pupils to walk around the classroom. Everytime they reach a base station they must stop and balance on one foot for 5 seconds before moving on.

Hold your arms out to help you to balance.

Slightly bend your standing knee.

Make this harder by asking the pupils to touch to the foot and stand back up whilst balancing on one foot.



- D** Give all pupils a beanbag and ask them to play the game again this time whilst balancing the beanbag on their head.
Hold your arms out to help you to balance. Keep looking straight ahead to keep the beanbag still
Make this easier by using a cone instead of a beanbag.

- E** Play the game for 2 minutes. Everytime they successfully balance on a base station they receive 1 point, everytime their beanbag comes off their head they lose 1 point.
Option to see who has the most points at the end or play the game twice challenging the pupils to improve on their first score.
Play the game honestly keeping an accurate score.

30
Mins

Skill Development



Balance bean:

Pupils work on their own base station with one beanbag each.

- A** Ask the pupils to place their beanbag to the side whilst they explore balancing on their base station. Ask the pupils to explore balancing on different body parts.

After a few minutes invite some of the pupils to share their ideas.

Hold each balance for 5 seconds.

Make this easier by telling the pupils different body parts to balance on e.g. one foot and two hands.

- B** Ask the pupils to explore balancing their beanbag on a part of their body whilst completing their balances.
Don't forget to hold each balance for 5 seconds.

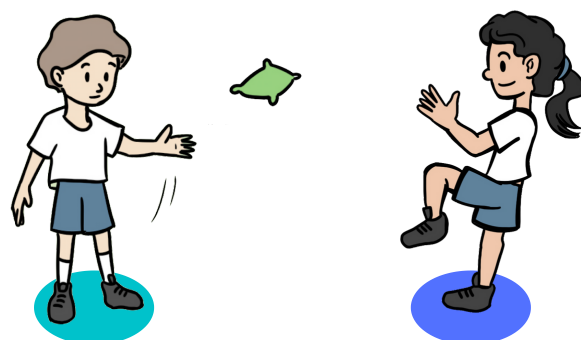


- C** Can they link three of these balances together whilst keeping their beanbag balanced?
Make this harder by asking the pupils to choose one low level balance, one medium level and one high to use in their sequence.

Balance and throw:

Pupils work in pairs with one base station and one beanbag each.

- A** Pupils place one beanbag to the side. They each stand on their base station and face each other. One pupil balances on one foot on their base station.
From here they practise underarm throwing their beanbag to one another.
Have 10 turns then change over. How many can the balancer catch out of 10?
Use an underarm throw.



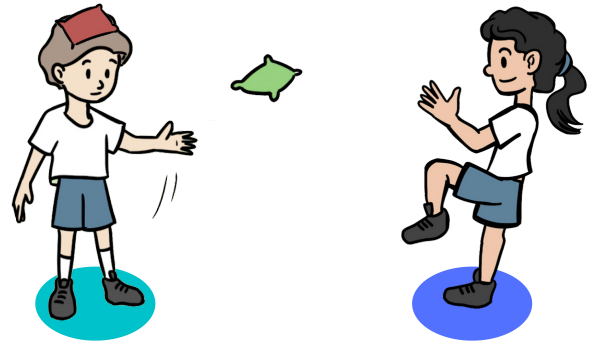
B Repeat the game above their time pupils use the extra beanbag and place it on the head of the thrower.

How many times can they successfully throw and catch without the beanbag dropping and without putting the other foot down?

Change over roles.

Communicate with your partner and make sure your partner is ready to receive before throwing.

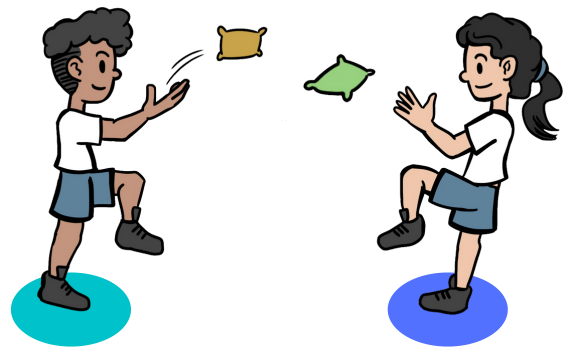
Make this easier by placing a cone on their head instead of a beanbag.



C Both pupils stand on one foot. How many times can they successfully throw and catch without the beanbag dropping.

Keep your standing knee slightly bent.

Make this harder by throwing two beanbags at the same time.



5

Mins

Plenary

Ask the pupils how did they use communication today and why was it important?

How did they adapt their movements to help them to balance?