

Safe space PE

EYFS KS1

Athletics

Lesson number: 2



Learning objective:

To develop balance and stability while moving.

Success criteria:

Keep your head still to maintain balance when moving.

Point your hand at your target after you throw.

Whole child objectives:

Social: I can work alongside others while staying in my own space.

Thinking: I can think about how I use my arms to help me balance.

Equipment: 1 x cone or beanbag per pupil. 16 x cones, 4 x hoops, optional agility ladder or mini hurdles.

10

Mins

Warm Up and Introduction

Jack and the Beanstalk - Section 1:

All pupils begin with a beanbag, cone or base station in their own space.
Recap the story through actions from section 1.

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

A Travelling to the market.
March on the spot.
Slow high knees.
Swing arms (at 90 degrees).

B Jack sells his cow for some magic beans - Children hop side to side over their cone like a magic bean.
Freeze - like a frozen bean.

C Jack's mother is angry.
Children complete big angry
jump on the spot.

Jump with soft knees.
Two feet to two feet.

D Jack threw his beans out of the
window, the next morning the
beans had grown into the sky.
Pupils grow from a small bean on
the floor to a tall beanstalk on their
toes.

Make this harder by letting them
grow with their cone on their head.

E Climbing the beanstalk.
Children reach up high as
they try to climb the big
beanstalk.

High knees and high reach.



30
Mins

Skill Development

Read Jack and the Beanstalk – Read Section 2 and 3 to the children.

In groups of 4-6, pupils complete the following stations as a carousel.
The teacher will central time for 2-3 minutes and tell the pupils when to move
to the next station. If there is time pupils can complete a second circuit of the
carousel.

Explain the stations;

Before starting the carousel show the class what is required at each station and
use pupils to demonstrate the tasks if required. This can be done in the
classroom if easier.

Teacher note: the stations are visible at the end of this lesson plan.

Teacher to lead a slow stretch from high beanstalk in the air to a small magic bean ball on the floor. Repeat a few times.

Giant Beanstalk- Stretch up in a long thin shape on toes.

Small magic bean- make a little ball on the floor.

While the pupils are resting in their small magic bean shapes on the floor. Get them to think about: How did they manage to keep the cone on their head when they were travelling away from the giant? What did they do with their arms to make big giant jumps?



See the stations below

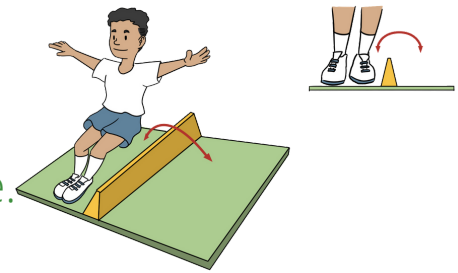
Station 1

The Giant did not see Jack at first but he could smell him! "Fee, fie, fo, fum, I smell the breath of a small human".

Activity: Giant speed bounces over your cone or beanbag.

How many side to side 2-2 feet giant jumps can you do over your cone or beanbag?

Bend your knees to generate power.
Make this harder by using a mini hurdle.

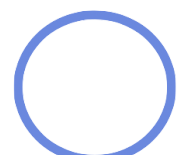
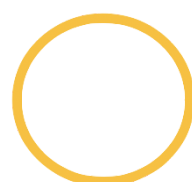
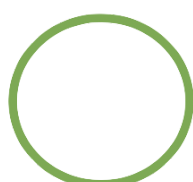
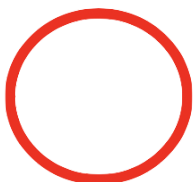


Station 2

In the corner of the room Jack spotted a hen sitting on a pile of eggs made of solid gold. Jack felt sorry for the hen as he knew they soon would both become the Giant's dinner.

Activity: Target throw - How many times can you throw your egg (cone or beanbag) into the hen's nest (hoop)?.

Use a underarm throw.
Make this harder by moving further away.



Station 3

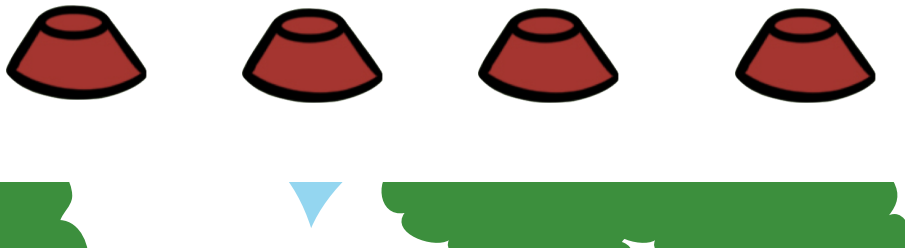
When the giant left the room, Jack moved as quickly as he could, climbing out of the pan and up a wooden spoon. He carefully balanced along the saucepan handle and grabbed the hen.

Activity: Can you run away from the giant through the obstacles while keeping a cone or beanbag on your head? How many cones can you pass before your cone or beanbag falls off your head? Children walk weaving in between the cones.

Teacher note: set up a station for each child in the group.

Keep your head still to balance.

Make this harder by walking backwards..



Station 4

Jack felt the beanstalk shake and he knew that the Giant was not far behind him. He had to move quickly to save himself and the hen.

Activity: Climbing down the beanstalk- How many times can you travel up and down the ladder without touching the steps?

Teacher note: Set up one station per pupil in the group this could include cones, mini hurdles, agility ladders to run through.

Fast arms and high knees.

Make this easier by using cones instead of hurdles. .

