

Safe space PE

EYFS KS1

Fundamentals

Lesson number: 1



Learning objective:

To develop balancing and travelling in different ways.

Success criteria:

Hold your arms out and focus on something still to help you balance.

Maintain a star shape when performing side steps.

Whole child objectives:

Emotional: I show determination when trying new challenges.

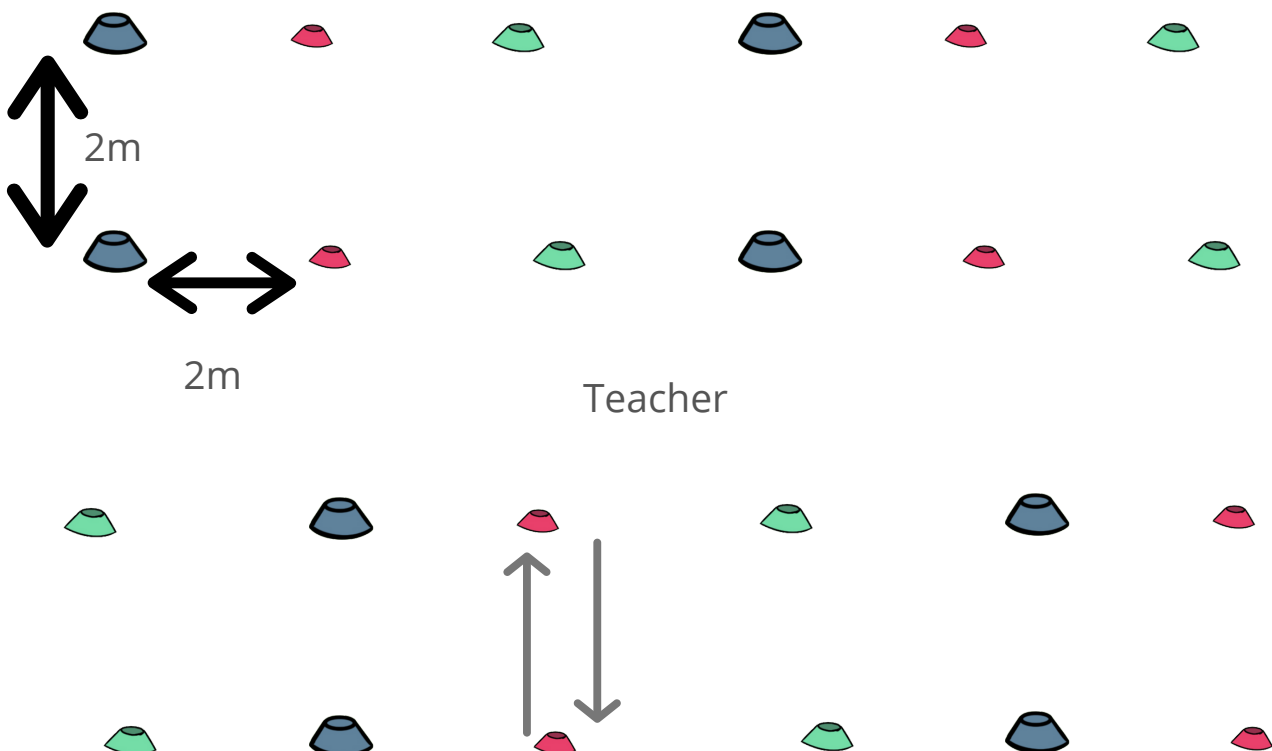
Thinking: I can think about ways of making my jumps longer.

Equipment: Chalk or cones.

10
Mins

Warm Up and Introduction

Pupils start at their spot closest to the teacher. They travel away and back between two cones. Option to use cones or mark spots with chalk.



Run, run as fast as you can:

Use the warm up to get the children used to the lesson set up and start to explore some movements.

Pupils start at their spot closest to the teacher. Demonstrate travelling away from the centre around their cone and back. Explore different ways of travelling e.g.

- Marching
- Jogging
- Hopping
- Jumping
- Make up your own way of travelling, share good ideas.

Every now and then shout 'run, run as fast as you can' and all children can run as fast as they can around their cone and back.



30
Mins

Skill Development

Gingerbread man:

Read section 1 of the story. See story attached below.

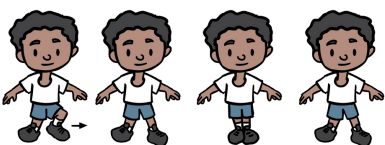
A

Children to travel using side steps like a gingerbread man. Make sure they stay facing the same way when they travel back.

Encourage them to start slowly to get their technique correct then try to speed up.

Keep your head up and back straight.

Make this harder by adding five star jumps when they get to their far away cone



B

Ask the children- How else would the Gingerbread Man move? Let them come up with their own ideas to be creative? Share some good ideas with the whole class.

Frog jump challenge:

Read section 2 of the story.

Stand in a relaxed position with knees bent and feet shoulder width apart.
Make this harder by attempting a one-handed catch.

- A** Challenge the children to see how many 2-2 feet frog jumps it takes them to get to their cone?
Bend your knees on take off and landing.
Swing your arms to help you to jump further.

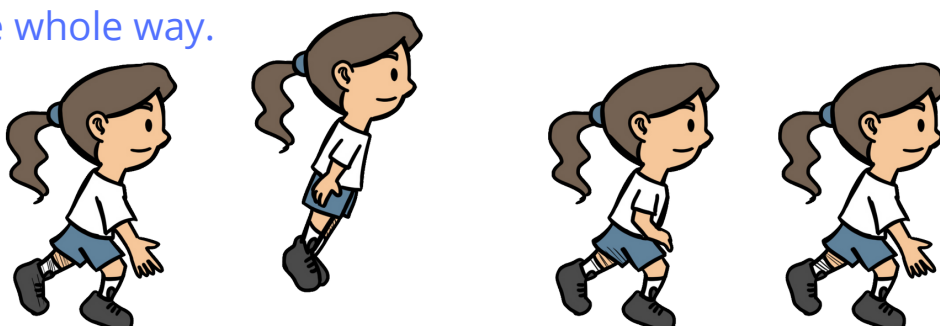


- B** Give the children time to practice and see if they can beat their score. The smaller number of jumps the better.
Make this easier by only asking them to jump half way.

Gallop like a horse:

Read section 3 of the story.

- A** Can you gallop like a horse? Make sure you swap your lead leg on the way back.
Back straight.
One foot leads the whole way.



B Get the children to imagine another animal is chasing the gingerbread man - which animal could it be? Let the children decide on their own animal. Challenge them to create their own movement for it. Spotlight some ideas for the whole class to copy.

Make this easier by giving an example e.g a Butterfly or Cat.

Balance on the fox:

Read section 4 of the story.

A Can you balance on the foxes back?
Children walk on their toes along the foxes back. Children to walk slowly on their tip toes towards their cone imaging a straight line (option to draw a chalk line).

Make sure you keep your arms out to balance you so you don't fall off.

B Repeat the activity. This time if the teachers calls 'freeze', children have to stop and see if they can stand on one leg for a count of 5 without wobbling and falling off the fox.

Make this harder by balancing on your non dominant leg.



5
Mins

Plenary

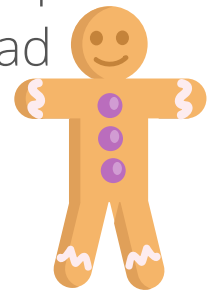
Read section 5 of the story.

Let the children jump as high as they can in the air, land and then make a small crouched ball on the ground.

While they are in their ball get them to think about which animal they enjoyed travelling like the most. Invite a few children to show the rest of the class their favourite animal.

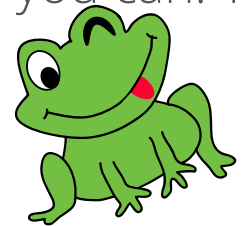
Section 1

Once upon a time, there lived a little old woman and a little old man. One day, the little old woman made a gingerbread man. When she opened the oven, the gingerbread man jumped off the baking tray and ran out of the house! The little old woman and the little old man ran after the gingerbread man yelling, "Stop! Stop!" Sadly, they could not catch him. The gingerbread man just laughed and said, "Run, run, as fast as you can! You can't catch me I'm the gingerbread man!"



Section 2

The gingerbread man ran until he came to a frog. "Stop! You look good enough to eat!" said the frog. The gingerbread man just laughed and said, "Run, run, as fast as you can! You can't catch me, I'm the gingerbread man!"



Section 3

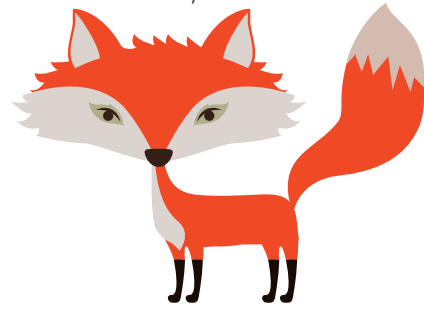
The gingerbread man ran on, then he came to a horse. "Stop! You look good enough to eat!" said the horse.



Section 4

The gingerbread man ran on, until he came to a river. He stopped as he could not swim! Just then, a fox came by. "I can help you cross the river," said the fox. "Just hop onto my tail and I will swim across."

The gingerbread man saw the others coming. He knew that if he did not go with the fox he would be eaten, so he jumped onto his tail. Soon the gingerbread man began to get wet. "Climb onto my back," said the fox, which the gingerbread man did.



Section 5

The water was getting even deeper. This time the fox said, "Jump onto my nose so that you don't get wet." The gingerbread man climbed onto the tip of his nose. Just then, the fox tipped back his head and the gingerbread man flew into the air. The fox opened his mouth and SNAP! That was the end of the gingerbread man.