

FIRST PE - LESSON 3 - Early Years

EQUIPMENT:

Throw down spots, strips, hands and feet, balloons

Learning Intention: How can you pat or push the balloon?

Physical Development:

Negotiate space and obstacles safely; with consideration for themselves and others. Demonstrate strength, balance and co-ordination. Move energetically, such as running, jumping, hopping, and skipping

INCLUSION: Please note if children do not like balloons you can buy covers for them

WARM UP: Mr or Miss

Call out the name of the Mr or Miss and the children have to move like them e.g.

- Mr Slow - Move slowly.
- Mr Rush - Move fast.
- Mr Jelly - Shake your whole body.
- Mr Strong - Move flexing you arm muscles.
- Mr muddle - Walk backwards.
- Mr Bounce - Bounce around.
- Miss Jump - Jump around.
- Miss Hop - Hop around
- Miss Skip - Skip around.
- Miss Strong - Move flexing your arm muscles.
- Miss Tall - Walk as tall as you can.
- Miss Small - Crouch as you walk.

- ✔ Negotiate Space
- ✔ Move energetically- Running
- ✔ Move energetically- Skipping
- ✔ Move energetically- Hopping
- ✔ Move energetically- Jumping

When the teacher to blows whistle and/or call FREEZE children practice freezing and listening to instructions. Explain to the children that they must stop when the teacher blows the whistle or says FREEZE to be SAFE. When they move around they must 'look out for their friends'.

ACTIVITY 1: Simon Says

1. Teacher to place spots around the room in a space. Children to stand on a spot. All children to have a balloon (soft ball can be used instead of a balloon).
2. Teacher to play Simon says. E.g. Simon says...

- Simon says...place the balloon on their head
- Simon says...place the balloon on your shoulder
- Simon says...place the balloon on your knee
- Simon says...place the balloon on your toe
- Simon says...place the balloon on your tummy



Teacher to call out different parts of body- children to react and place the balloon on themselves.

✔ Demonstrate co-ordination

ACTIVITY 2: Moving Balloons

 Demonstrate co-ordination

1. Can they move the balloon from head to toe?
2. Can they move the balloon from toe to head?
3. Can they move the balloon around their tummy?
4. Can they tap it gently around their spot?

Teaching Point: watch the balloon when tapping it.

Key word: control - explain to children they are to keep control of their balloon.



ACTIVITY 3: Pat It

 Demonstrate co-ordination

1. Can you pat the balloon up in the air with both hands?
2. Can they pat the balloon up with one hand?
3. Can they now use the other hand?
4. How long can you can you pat the balloon up in the air for?

Teaching Point: Children to keep control of the balloon staying near their spot when patting the balloon up in the air.



ACTIVITY 4: Balloon Fun

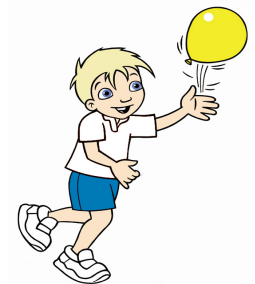
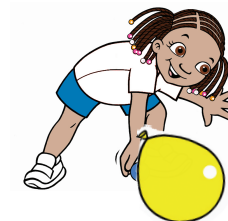
 Demonstrate co-ordination

Teacher to ask the children to line up shoulder-to-shoulder holding their balloon.

1. Can they walk around the room with their balloon? **Children to look out for their friends.**
2. Can they walk around the room with their balloon patting it up in the air? **Children to look out for their friends.**
3. Can they pat the balloon on the floor? Teacher to demonstrate. **Children to look up when moving.**
4. Can they push the balloon on the floor? Teacher to demonstrate.

Teaching Point: Children to gently pat/push the balloon - keeping their balloon close to them - under control.

What other parts of their body can they use to move the balloon?



Challenge: Can you put a song on, and can they sing and keep the balloon up in the air!

COOL DOWN

Children to find a space and lie down. Teacher counts to 10 and they are to grow as tall as they can.

PLENARY

What was their favourite part of the lesson? What was important when you patted the balloon?