

FIRST PE - LESSON 4 - Early Years

EQUIPMENT:

Throw down spots, strips, hands and feet, balloons

Learning Intention: How can you pat a balloon to a friend?

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 your 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 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: Air Balloon

Put a spot on the floor to focus children - tell them to try and keep near their spot. For children that struggle to stay near their spot create a square with throw down lines.

Balloon Challenges:

1. Throw it up and catch it – hands out like a basket to catch the balloon.
2. Pat it up in the air – small taps – remember keeping control and the balloon close to body last lesson.
3. Count to 10, 20 (repeat).
4. Tap it with two hands.
5. Tap it with their favourite hand.
6. Can they tap it with their other hand? Encourage using both left and right ha
7. Can they do it from one hand to another?
8. Tap it with different parts of their body.



Teaching Point - ensure children are watching the balloon when tapping it. Keep control of the balloon.

✔ Demonstrate co-ordination

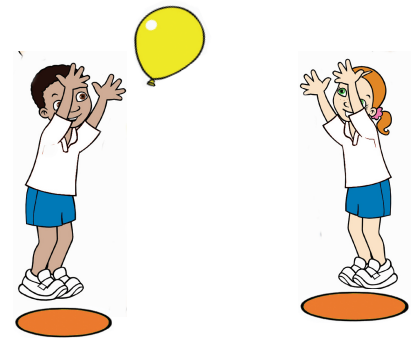
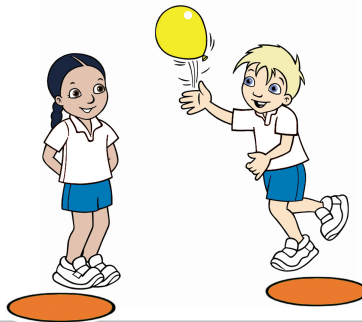
ACTIVITY 2: Balloon Game

Children to work in pairs ONE balloon between two.

1. Can they both help each other keep the balloon in the air?
2. Can they count for their partner - how many they can do?

Safety: Children to stay in their area - if they come out they need to stop and pick balloon up their balloon.

Teaching Point: Children to try and keep control of their balloon.



 Demonstrate co-ordination

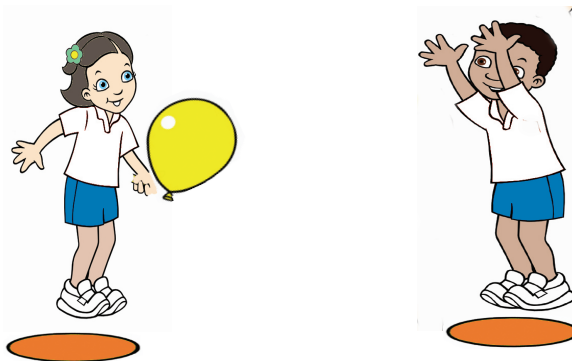
ACTIVITY 3: Pair Pat

Children to work in pairs ONE balloon between two.

1. Can they pat the balloon to each other.
2. Can they use different parts of their body to pat it to each other?
3. How many can they do?

Teaching Point: Pat the ball gently to your partner - Important to keep control of the balloon

Challenge: Can they play a mini game? You get a point if the balloon is dropped.



 Demonstrate co-ordination

COOL DOWN

Tip toe and give balloons to the teacher. Play the MR/MISS game moving around slowly e.g. Mr slow, Miss Small.

PLENARY

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