



KS1 PE - FUNDAMENTALS OF MOVEMENT SCHEME OF WORK





KS1 SOW

LESSON OVERVIEW

PHYSICAL LITERACY:

Through all of our resources, we aim to promote a positive 'Attitude towards Activity'. The focus in all of the warm ups, skill activities and progressions in these lessons should be fun and enjoyable for all involved!

LESSON & CONTENT

LEARNING OBJECTIVES

THINKING SKILLS

SOCIAL & EMOTIONAL SKILLS

TEACHING POINTS

WEEK 1 RUNNING	Understand the fundamentals of running. Demonstrate running movement.	Think: How do we run and keep balance successfully? Remember: When to start, stop, dodge. Listen to instructions.	Develop team work by assisting class-mates. Support & encourage classmates to improve confidence.	(1) Bend elbows and knees. (2) Look in the direction of travel (3) Work alternative arms and legs.
WEEK 2 JUMPING	Understand the fundamentals of jumping. Demonstrate jumping while keeping balance.	Think: What body movements are needed to jump correctly? Listen to instructions	Develop confidence to jump correctly. Support and encourage classmates to improve confidence.	(1) Bend elbows and knees. (2) Look at the location where they are jumping and object they are jumping over. (3) Keep feet together and generate power from swinging arms and leaning forward.
WEEK 3 KICKING	Develop kicking/ dribbling skills to; keep ball near their feet, kick ball into space or kick to a team-mate. Perform a dribbling motion with the inside of their foot.	Think: What actions are used to kick a ball with the side and top of the foot? What does the body do to perform a successful kick? How much power do you use during a kick?	Develop teamwork skills to complete a challenge. Support and encourage classmates to improve confidence.	(1) Bend kicking foot (toes down or toes out), lean upper body forward. Follow through with foot after kicking the ball. (2) Look at intended target, the direction of travel and keep eyes on the ball until kicked. (3) Strike the ball with either the top or side of the foot; top for power and side for accuracy



KS1 SOW

LESSON OVERVIEW

LESSON & CONTENT	LEARNING OBJECTIVES	THINKING SKILLS	SOCIAL & EMOTIONAL SKILLS	TEACHING POINTS
WEEK 4 THROWING (ROLLING)	<p>Understand the fundamentals of throwing.</p> <p>Demonstrate an under-arm throw and a rolling motion.</p>	<p>Think: How do we grip the ball? What does the arm movement and body shape look like to grip and roll correctly? How do we get the ball to go where we want it to, and at the right speed?</p>	<p>Develop teamwork & communication skills to roll and throw a ball to a classmate and make sure they are ready to receive it. Work on your own and together to achieve success. Support and encourage classmates to increase confidence.</p>	<p>(1) Bend knees into a crouched position & keep rolling arm straight. (2) Eyes look at the target to judge how much power needed to reach it. (3) Swing rolling arm back then forwards. release the ball at the lowest point.</p>
WEEK 5 THROWING	<p>Understand the fundamentals of throwing.</p> <p>Demonstrate an under arm, over arm and over head throw.</p>	<p>Think: How do we complete each type of throw? What does the arm movement and body shape look like to perform each throw correctly? How much power do you need to throw to a partner or across an area?</p>	<p>Develop teamwork & communication skills to complete different types of throw. Support and encourage classmates to increase confidence.</p>	<p>(1) Stand slightly sideways on, foot stance alternate to throwing arm. (left arm throw = right foot forward & right arm throw = left foot forward). (2) Start with throwing arm bent and slightly behind, push/swing arm forwards. Release the ball at full extension.</p>
WEEK 6 CATCHING	<p>Understand the fundamentals of catching.</p> <p>Demonstrate ability to catch different objects.</p>	<p>Think: How do we catch an object? What body movements are needed before and during the catch?</p>	<p>Develop teamwork and communication working with a partner to catch different objects. Support and encourage classmates to increase confidence.</p>	<p>(1) Ready position: Feet shoulder width apart, knees slightly bent, elbows tucked in to side of body, fingers pointing towards travelling object. (2) Eyes focused on the object/ball. (3) Judge how high or low hands need to be to catch the object/ball.</p>



RUNNING

WARM UP | NUMBERS GAME

AIM

To raise the heart rate and prepare the body and mind for exercise

EQUIPMENT

Cones

CORE SKILLS

Agility, balance and co-ordination

EXPLANATION

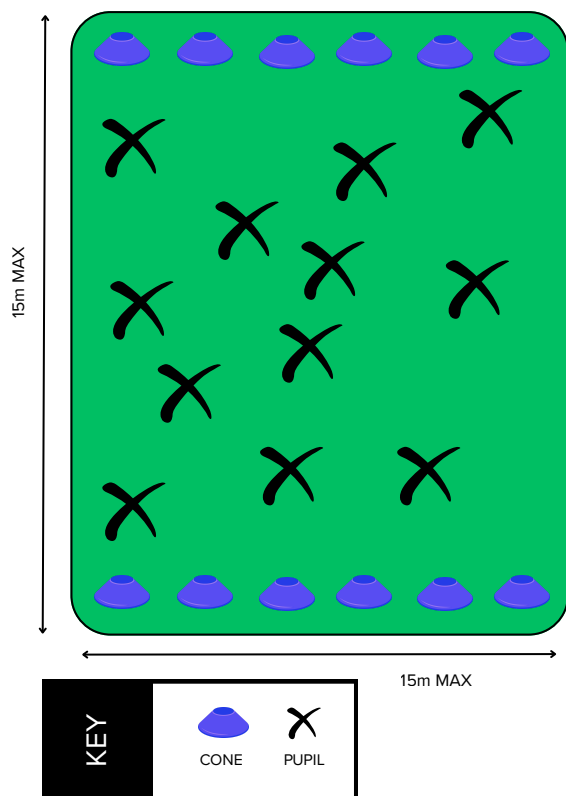
- Each number represents an action
- Pupils move around safely in the space
- Remind pupils of safe ways to move and avoid collisions (stopping, slowing down, changing direction)
- Teacher calls out numbers from 1-3 and pupils react and complete the action:
- 1 = Jump on the spot
- 2 = Squat
- 3 = Touch the floor

VARIATIONS

- Add more numbers to remember and perform e.g. 4 = Stand on one leg for 3 seconds, 5 = Jumping Jack x 3

PUPIL ENGAGEMENT

- Choose different pupils to come to the front to call out numbers (activity leaders)
- Encourage and praise participation and success in all roles





RUNNING

SKILL ACTIVITY | SPOT THE POINTS

AIM

Learn the fundamentals of movement, changing pace/direction and utilising all these

EQUIPMENT

Cones

CORE SKILLS

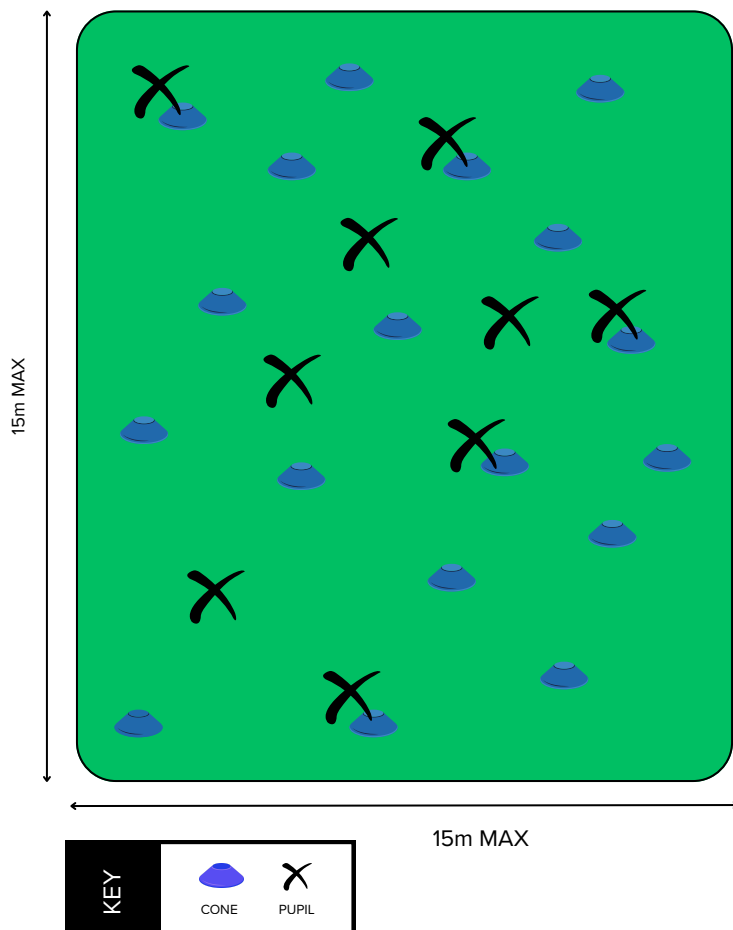
Agility, balance and co-ordination

EXPLANATION

- Each pupil starts on their own spot
- Move around safely and touch as many different spots as they can with their feet, each spot is worth one point
- Pick one of the students to come up to the front and demonstrate the successful technique to all other pupils (peer learning)
- Start with jogging slowly, increase to a faster run

VARIATIONS

- Challenge pupils to run backwards. To encourage pupils to look behind, tell them to check for 'Paul the Parrot' on alternate shoulders continuously





RUNNING

GAME CARD | SPRINT RELAYS

AIM

Learn the fundamentals of movement, changing pace and teamwork

EQUIPMENT

Cones

CORE SKILLS

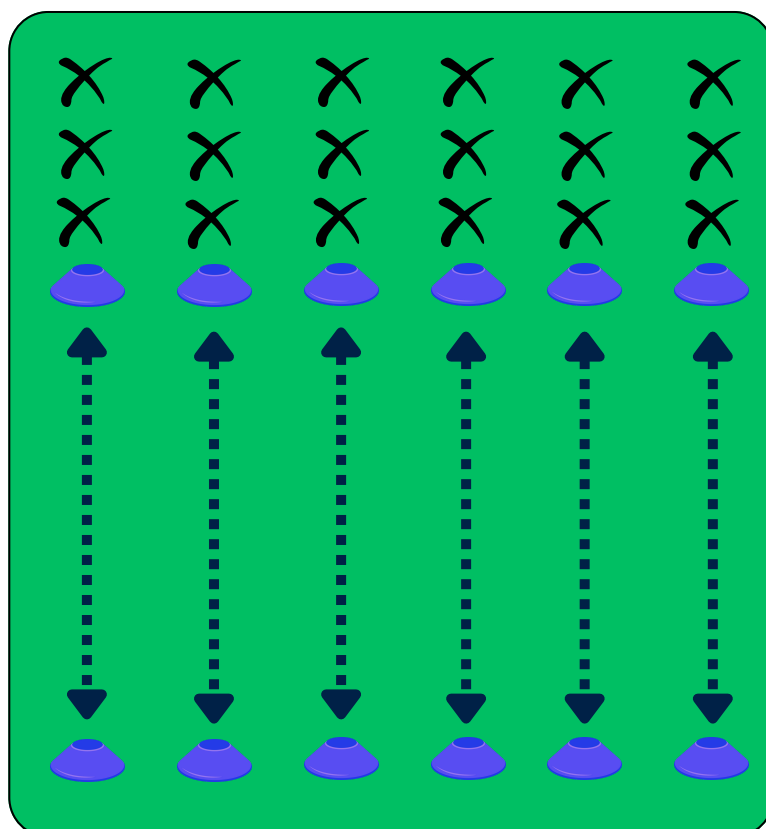
Speed, agility, balance and co-ordination

EXPLANATION

- Practice running skills in small relay teams (around 4-5 pupils)
- Start at the cone, run there and back before next team mate starts
- Complete a set number of shuttles to the cone and back

VARIATIONS

- Move cones closer or further away
- Add a middle cone to change direction at (run to middle cone, back to first cone, then to end cone)



KEY



CONE



PUPIL

PLENARY

- Pupils safely collect and put away equipment
- What games have we played today? What skills have we learned today?
- What are the key learning points for Jogging/Running?



JUMPING

WARM UP | JUMPING JACKS



AIM

To raise the heart rate and prepare the body and mind for exercise

EQUIPMENT

Cones

CORE SKILLS

Jumping, agility, balance and co-ordination

EXPLANATION

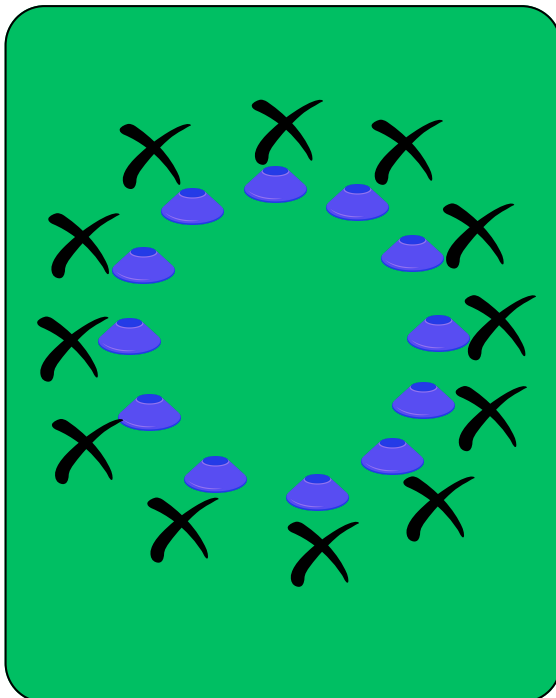
- Pupils have a cone each
- With 2 feet together, jump forwards over the cone, turn around and jump back
- Complete 10 jumps, taking off and landing with 2 feet together

VARIATIONS

- Jump forwards and backwards over the cone
- Jump side to side across the cone
- Jump one foot to the other
- Follow teacher commands for actions

PUPIL ENGAGEMENT

- Choose different pupils to come to the front to call out actions (activity leaders)
- Encourage and praise participation and success in all roles





JUMPING

SKILL ACTIVITY | OBSTACLE COURSE

AIM

Learn the fundamentals of movement, using jumping action to move effectively

EQUIPMENT

Cones

CORE SKILLS

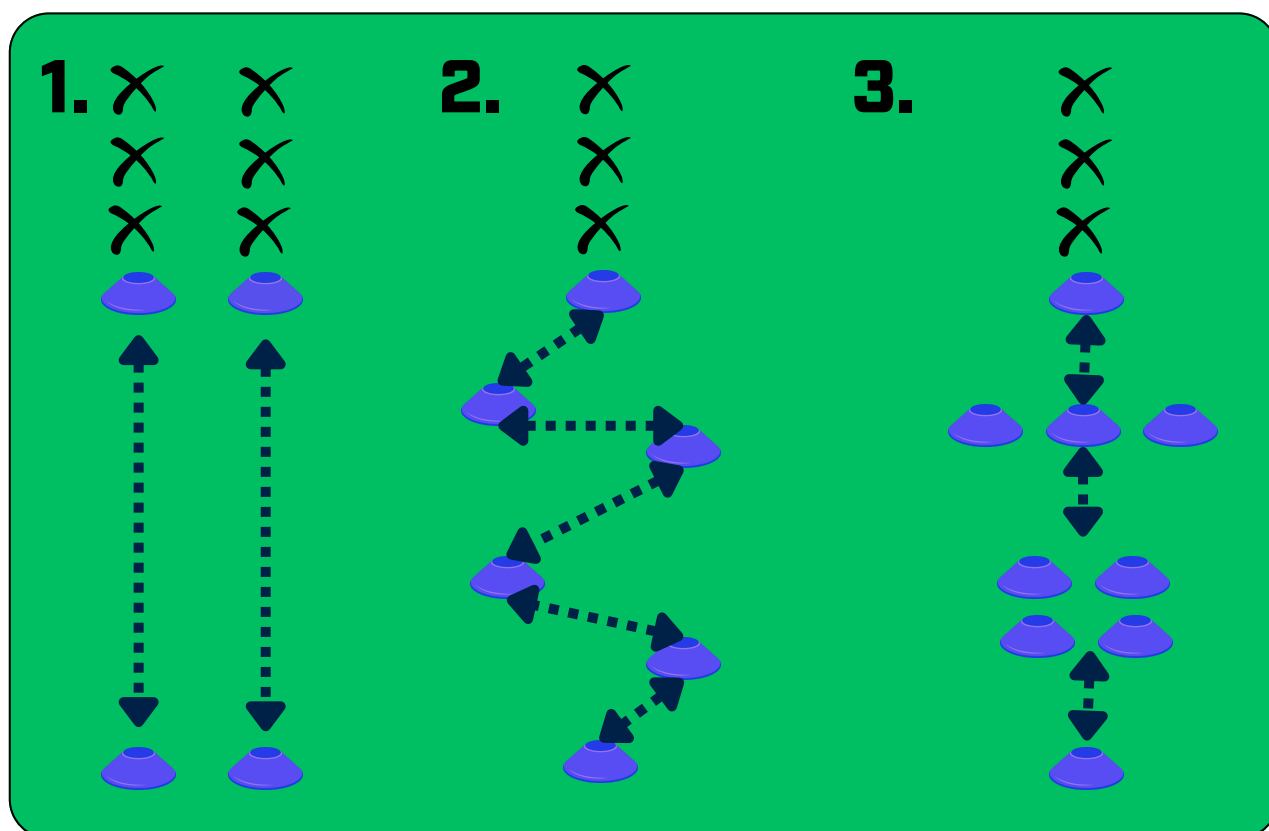
Jumping, agility, balance and co-ordination

EXPLANATION

- Practice jumping skills in small relay groups
- Start at the cone, jump 2 feet together to the far cone and back (Layout 1)
- Complete a set number of shuttles to the cone and back

VARIATIONS

- Layout 2: Hop from one cone to the other onto opposite feet
- Challenge: Pupils land on one foot, crouch down and touch the cone before hopping to the next one
- Layout 3: Add in safe obstacles for pupils to jump or hop over





JUMPING

GAME CARD | TREASURE ISLAND

AIM

Learn the fundamentals of movement, using jumping action to move effectively

EQUIPMENT

Cones

CORE SKILLS

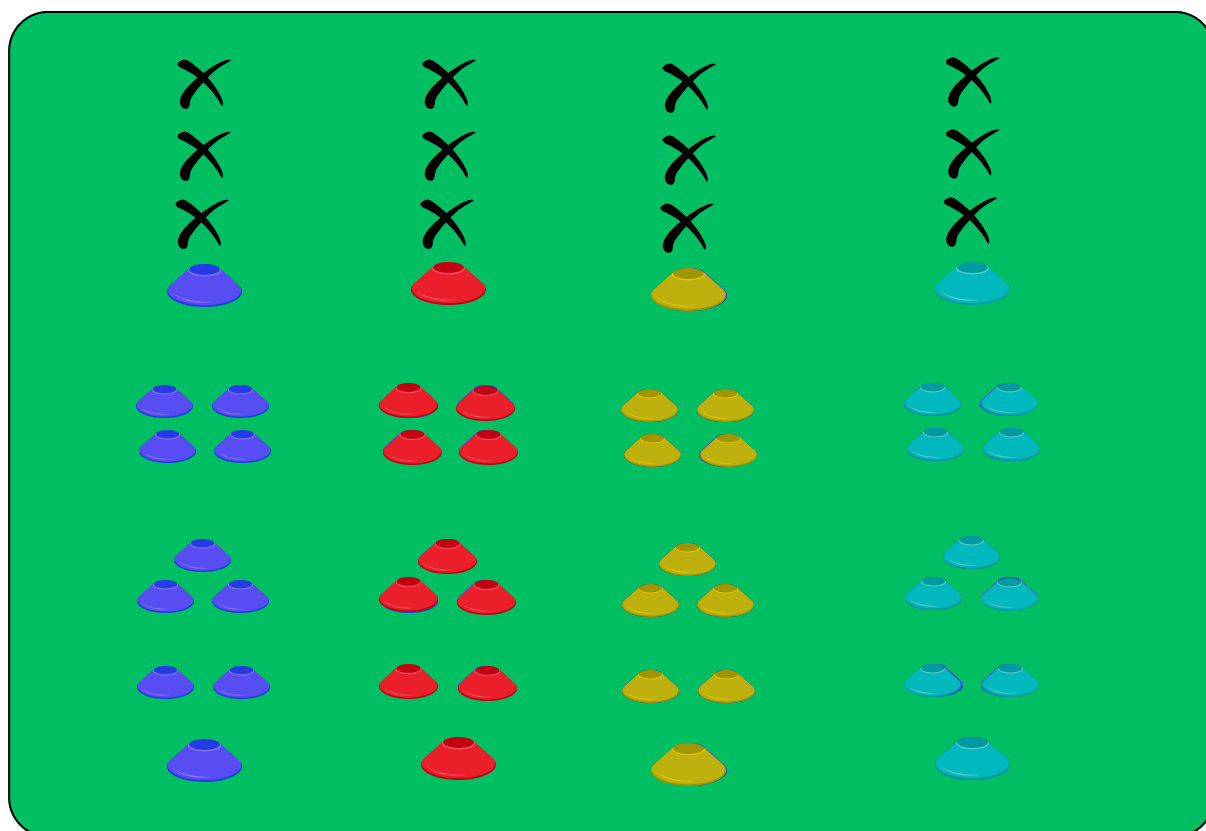
Jumping, agility, balance and co-ordination

EXPLANATION

- Practice jumping skills in small relay teams (around 4-5 pupils)
- Jump 2 feet together at all times, go one at a time to collect a cone, then return it to your team before next person goes
- Try to collect your cones before the other teams do

VARIATIONS

- Move cones closer or further away
- Use hopping instead of jumping as the action



KEY



CONE



PUPIL

PLENARY

- Pupils safely collect and put away equipment
- What games have we played today? What skills have we learned today?
- What are the key learning points for Jumping?



KICKING

WARM UP | BRIDGES



AIM

To raise the heart rate and prepare the body and mind for exercise

EQUIPMENT

Cones, round balls (dodgeballs/footballs enough for one between two)

CORE SKILLS

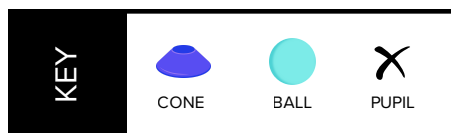
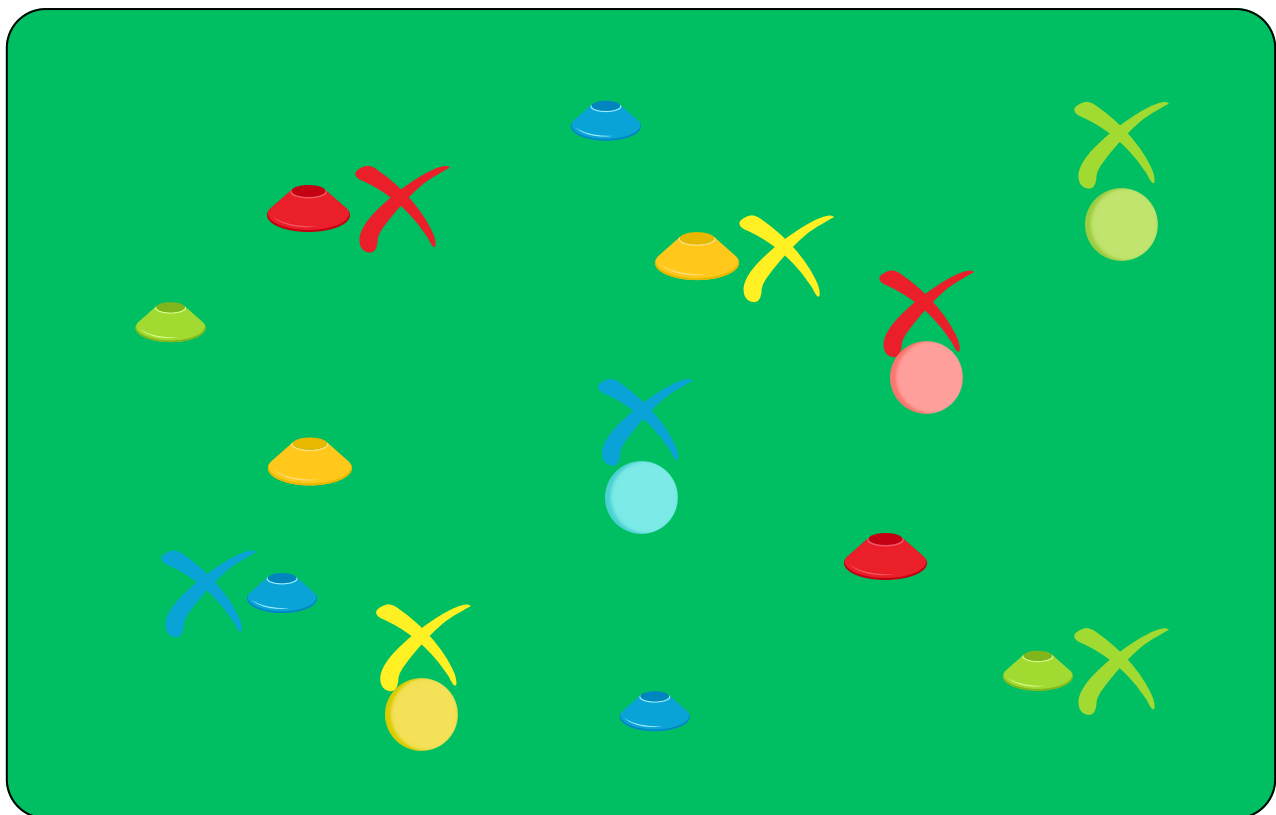
Kicking, object manipulation, balance and co-ordination

EXPLANATION

- Work in pairs; number pupils 1 and 2
- Pupil number 1 forms a 'Bridge', with their hands and feet touching the floor and holding an arch position with their body
- Pupil number 2 has the ball. They dribble around the area kicking the ball through 'Bridges', maintaining control of the ball on the other side
- After 2-4 minutes swap roles

VARIATIONS

- Count how many 'Bridges' they kick through
- Specify a colour or number order to follow





KICKING

GAME CARD | KICKING CHAMPIONS



AIM

Develop kicking skill and ability manipulating an object to its desired destination

EQUIPMENT

Cones and round balls

CORE SKILLS

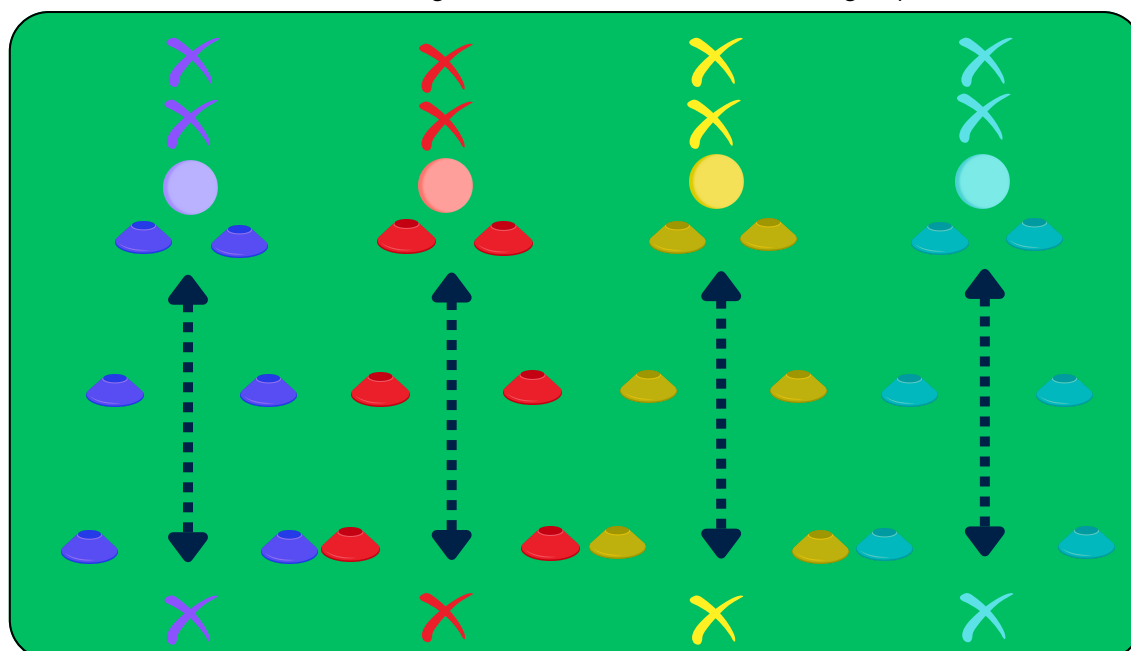
Kicking, object manipulation, balance and co-ordination

EXPLANATION

- Split the group between 5/6 stations evenly, 1 ball per group
- Set up 3 'gates' per group, start with wider gates and gradually narrow the gap leaving a channel for ball to travel through
- Strike the ball using the top of the foot (laces part of the shoe) or the inside of the foot to kick the ball through the three gates
- Teams score a point for every gate the ball travels through in the channel
- One pupil stands at the opposite side to the kickers to retrieve the ball and passes it back using their hands or feet (No points for retrieving the ball)
- Rotate this pupil regularly

VARIATIONS

- Change the distance of the cones from the pupils
- Make the gates bigger or smaller
- Ball retriever controls the ball using feet and kicks it back to the main group



KEY



CONE



PUPIL



BALL

PLENARY

- Pupils safely collect and put away equipment
- What games have we played today? What skills have we learned today?
- What are the key learning points for Kicking?



THROWING

WARM UP | BRIDGES



AIM

To raise the heart rate and prepare the body and mind for exercise

EQUIPMENT

Cones, bibs and soft round balls

CORE SKILLS

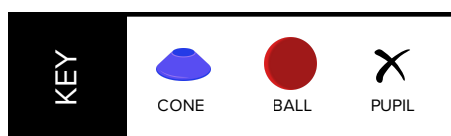
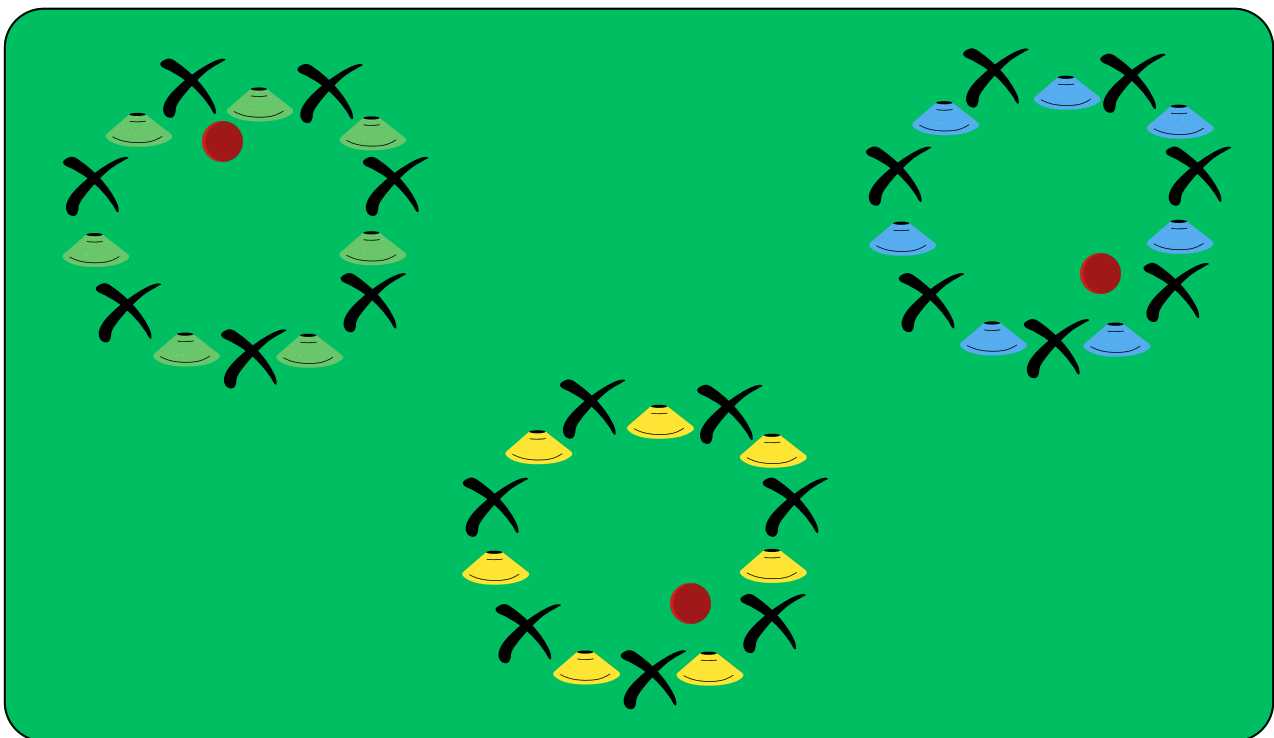
Rolling, object manipulation, balance and co-ordination

EXPLANATION

- Split the class into groups of 6-8
- Use only one arm (elephant trunk)
- Keep palm of the hand flat
- Each foot must be touching a cone to create a full circle within the group
- The ball must continuously travel between group members in a rolling motion

VARIATIONS

- All pupils start standing up. Everyone in a team must touch the ball. When a pupil touches the ball they sit down. First team with all members sitting down are the winners.
- Challenge: Pupils try to direct the ball through their team-mates legs (goal). When out, sit down until the next pupil is out then return to the game. (Note: all pupils must have both feet touching two cones to create a goal)





KICKING

GAME CARD | KICKING CHAMPIONS



AIM

Learn key points to throwing a ball using the rolling technique

EQUIPMENT

Cones and round balls

CORE SKILLS

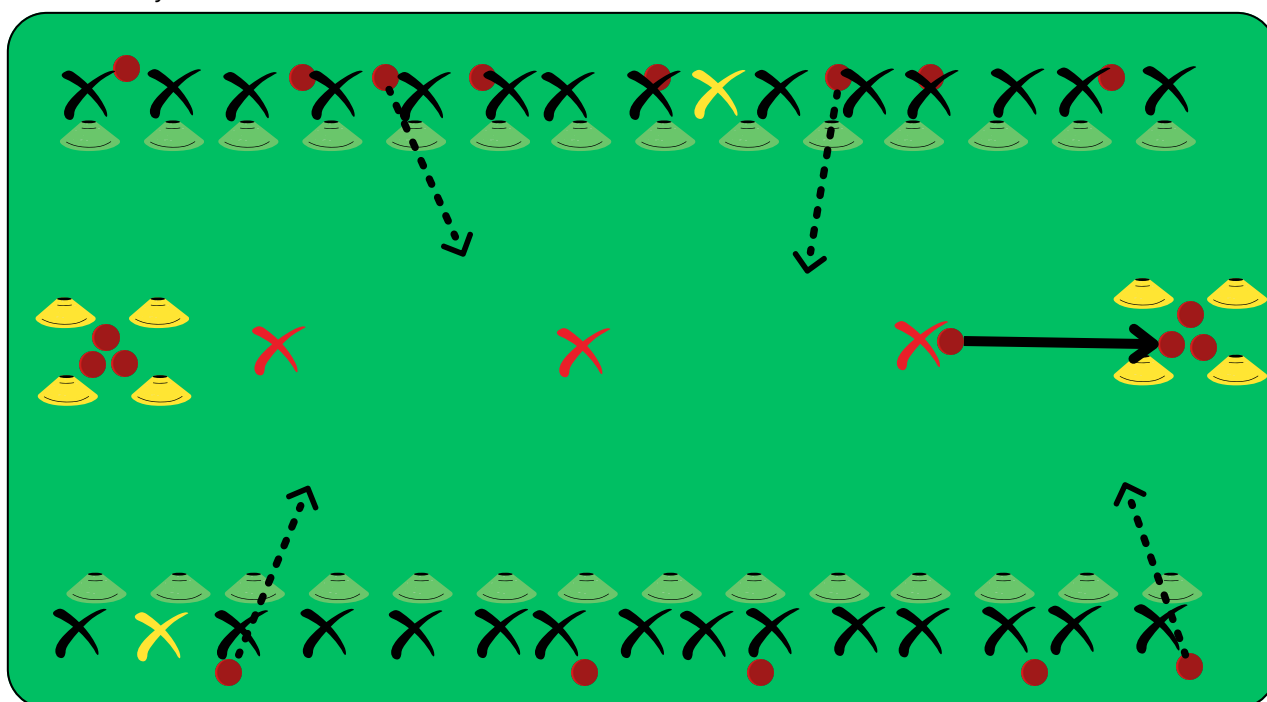
Rolling, object manipulation, balance and co-ordination

EXPLANATION

- Any space inside the green cones is the swamp
- No-one apart from the Crocodiles are allowed in the swamp
- The teams must roll the balls across the swamp from one side to the other continuously
- Crocodiles try to stop the balls crossing the swamp. Collected balls are placed in the yellow nest
- When all balls are collected by Crocodiles and placed within the nest, reset the game and swap Crocodiles around

VARIATIONS

- Add in Dragons wearing yellow bibs
- The role of the Dragon is to steal 2 balls from the Crocodile's nest and share them out to the teams outside the swamp.
- Dragons must perform 2 actions (either 2 press-ups or 2 sit-ups) outside the swamp before they can collect 2 more balls from the nest



KEY



NEST



SWAMP



BALL



ROLLER



CROCODILE



DRAGON

PLENARY

- Pupils safely collect and put away equipment
- What games have we played today? What skills have we learned today?
- What are the key learning points for Rolling?



THROWING

WARM UP | EMPTY THE NEST

AIM

To raise the heart rate and prepare the body and mind for exercise

EQUIPMENT

Cones for a grid and half way line & balls

CORE SKILLS

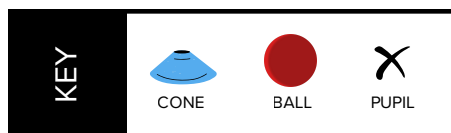
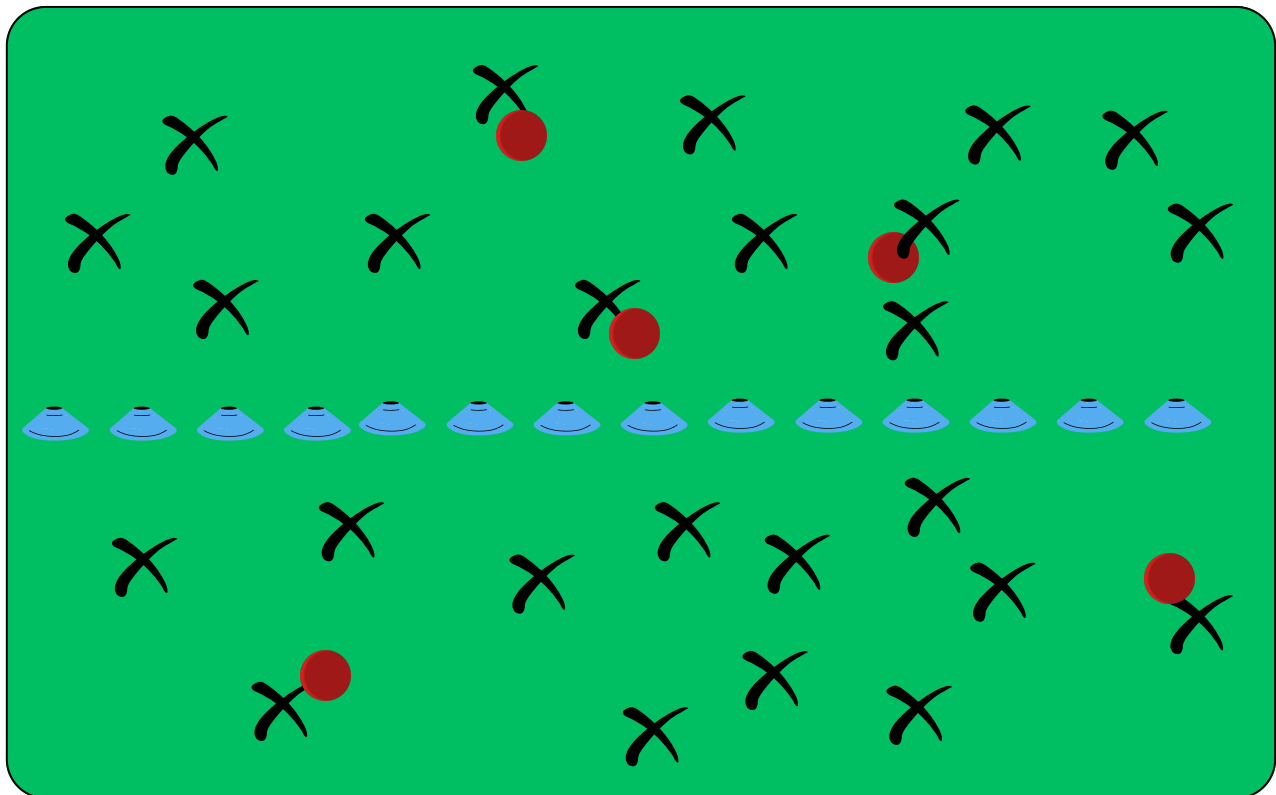
Using all the ways you can throw a ball, object manipulation, catching and co-ordination

EXPLANATION

- Split pupils into games of 5 v 5, with 6 balls per game
- Replicate the game and playing area multiple times to incorporate all pupils in games of 5 v 5 max
- Pupils try to throw all the balls from their half into their opponents half, while their opponents do the same
- Play for 90 seconds - 2 minutes. When the whistle blows, team with the least amount of balls in their half gets a point. Play to 5 points.
- Start with underarm throws

VARIATIONS

- Advance to over arm throws
- Advance to over head throws



PUPIL ENGAGEMENT

Encourage and praise participation and successful technique



THROWING

SKILL ACTIVITY | BATTLESHIP PRACTICE

AIM

Learn key points to throwing a ball using different throwing technique

EQUIPMENT

Cones and balls

CORE SKILLS

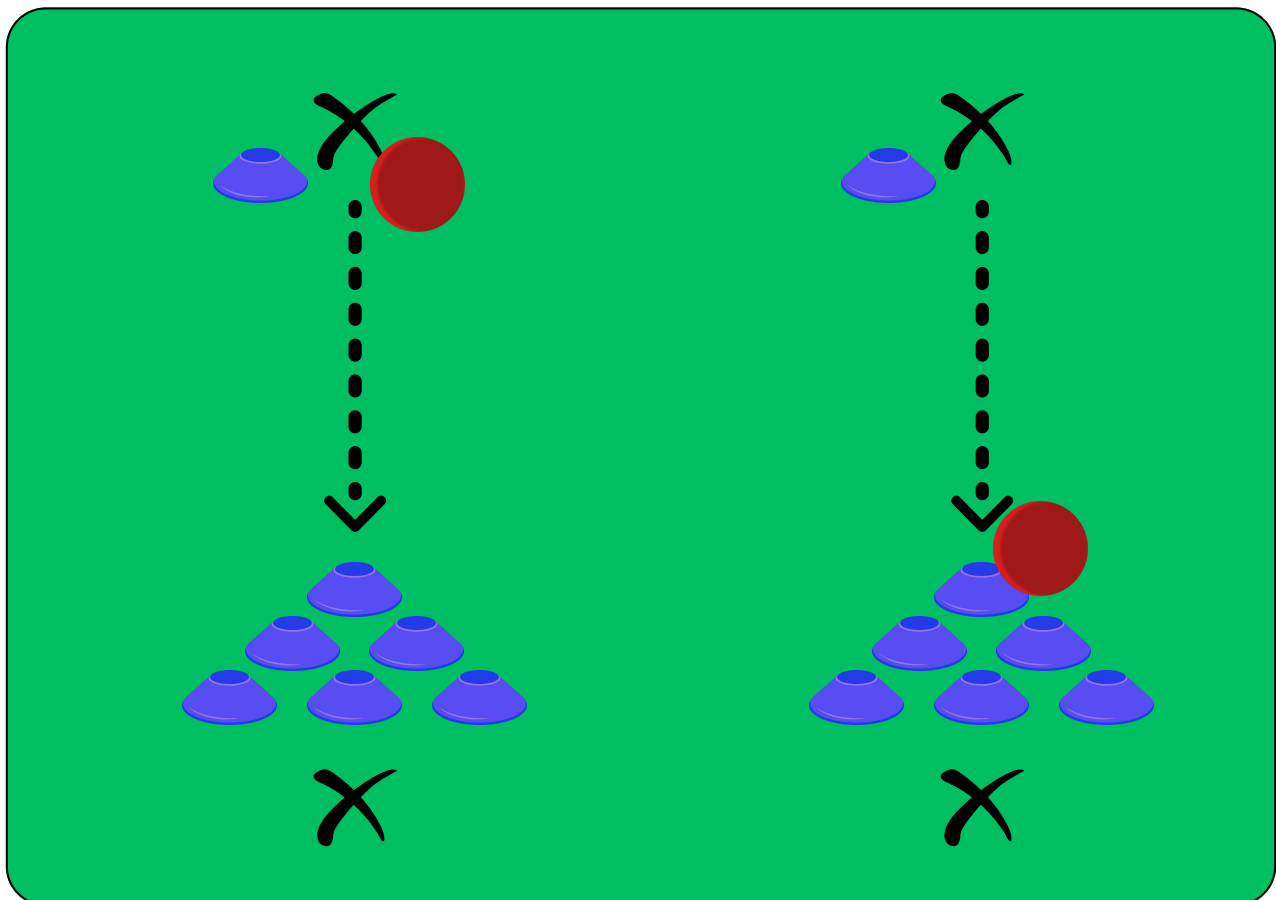
Using all the ways you can throw a ball, object manipulation, catching and co-ordination

EXPLANATION

- Pupils should practice using the different methods of throwing (under arm, over arm and over head) to hit the cones from a distance
- One pupil placed behind the cones to collect the ball and return cones to original positions.

VARIATIONS

- Change the distance of the throw
- Pupils get three throws and rotate between the 3 different styles of throw (one of each style)



KEY



CONE



PUPIL



BALL



THROWING

GAME CARD | BATTLESHIPS COMPETITION

AIM

Learn key points to throwing a ball using different throwing technique

EQUIPMENT

Cones and balls

CORE SKILLS

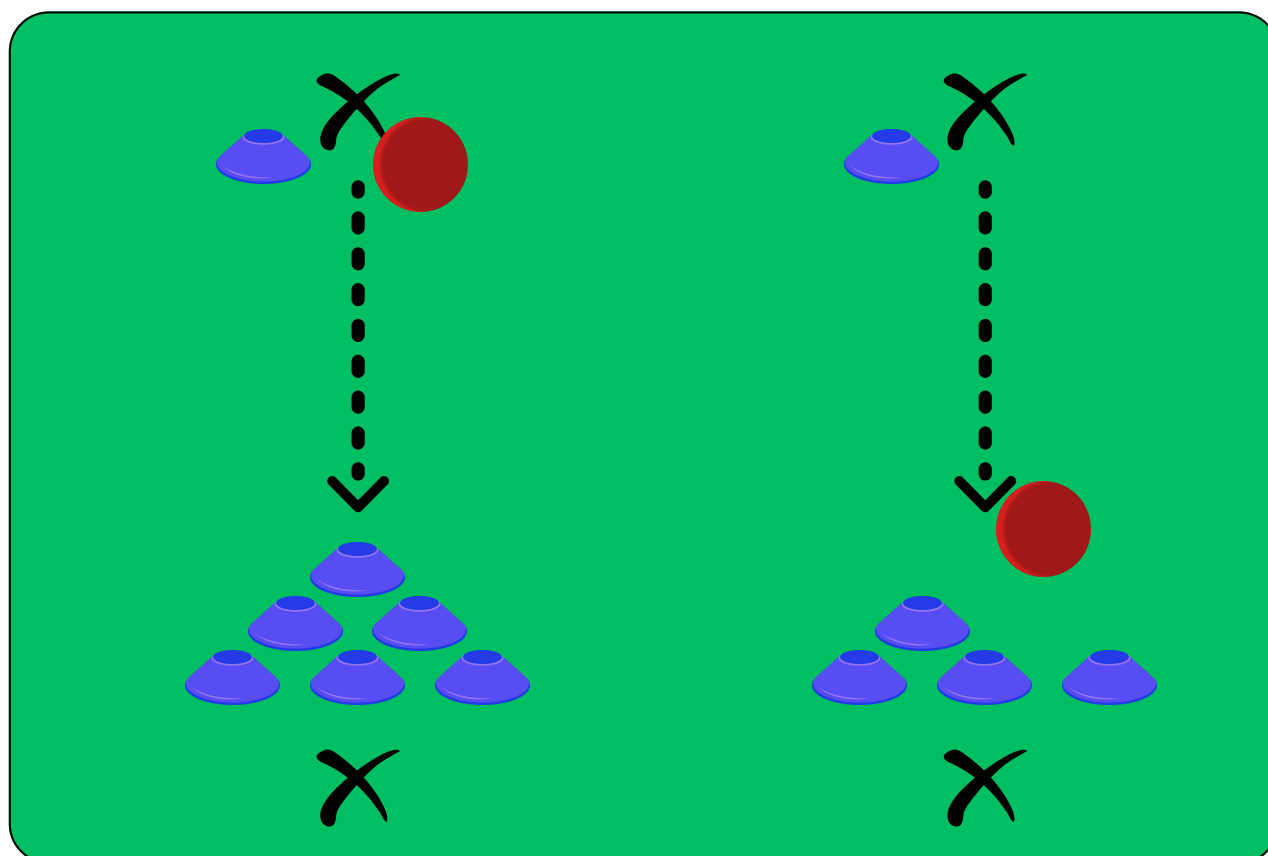
Using all the ways you can throw a ball, object manipulation, catching and co-ordination

EXPLANATION

- Pupils throw the ball at the cones
- One player from each team collects and returns their team's ball to the throwing position, and takes cones away when their team hits a cone
- The first team to remove all cones in the set is the winner

VARIATIONS

- Ensure that the team use all throws e.g. Round one - under arm, round two - over arm, round three - over head



KEY



CONE



PUPIL



BALL

PLENARY

- Pupils safely collect and put away equipment
- What games have we played today? What skills have we learned today?
- What are the key learning points for the different types of throw?



CATCHING

WARM UP | APPLE TREES



AIM

To raise the heart rate and prepare the body and mind for exercise

EQUIPMENT

Catching cloths and cones

CORE SKILLS

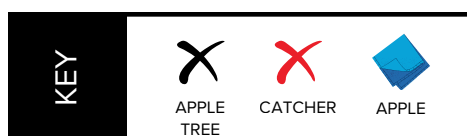
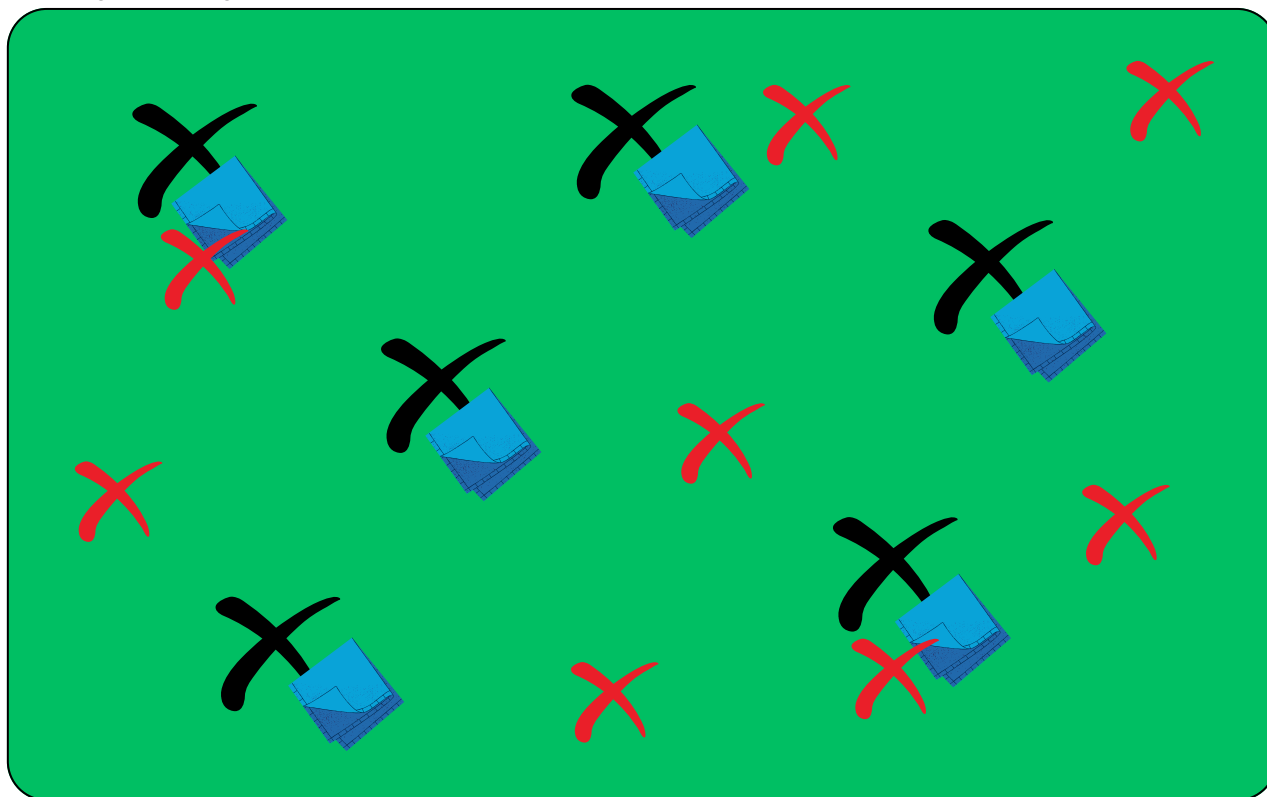
Catching, co-ordination, and agility

EXPLANATION

- Split the class into 2 equal groups, half are the apple trees, half are the catchers. Work in 2 minute blocks then swap roles
- Apple trees remain in one place holding a catching cloth. Catchers safely jog around the area
- On command, catchers find an apple tree, sit underneath it and catch the cloth that is dropped before it touches the floor
- Return the cloth to the apple tree, then continue to jog until next command
- Catchers can't return to the same tree

VARIATIONS

- Catchers have a limited time to get in place to catch (3 seconds)
- Change cloths for soft balls
- Change from large balls to small balls





CATCHING

SKILL ACTIVITY | TARGET BALL



AIM

Learn key points to catching

EQUIPMENT

Cones, balls and a clear wall space

CORE SKILLS

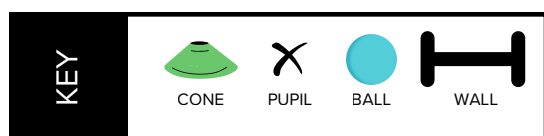
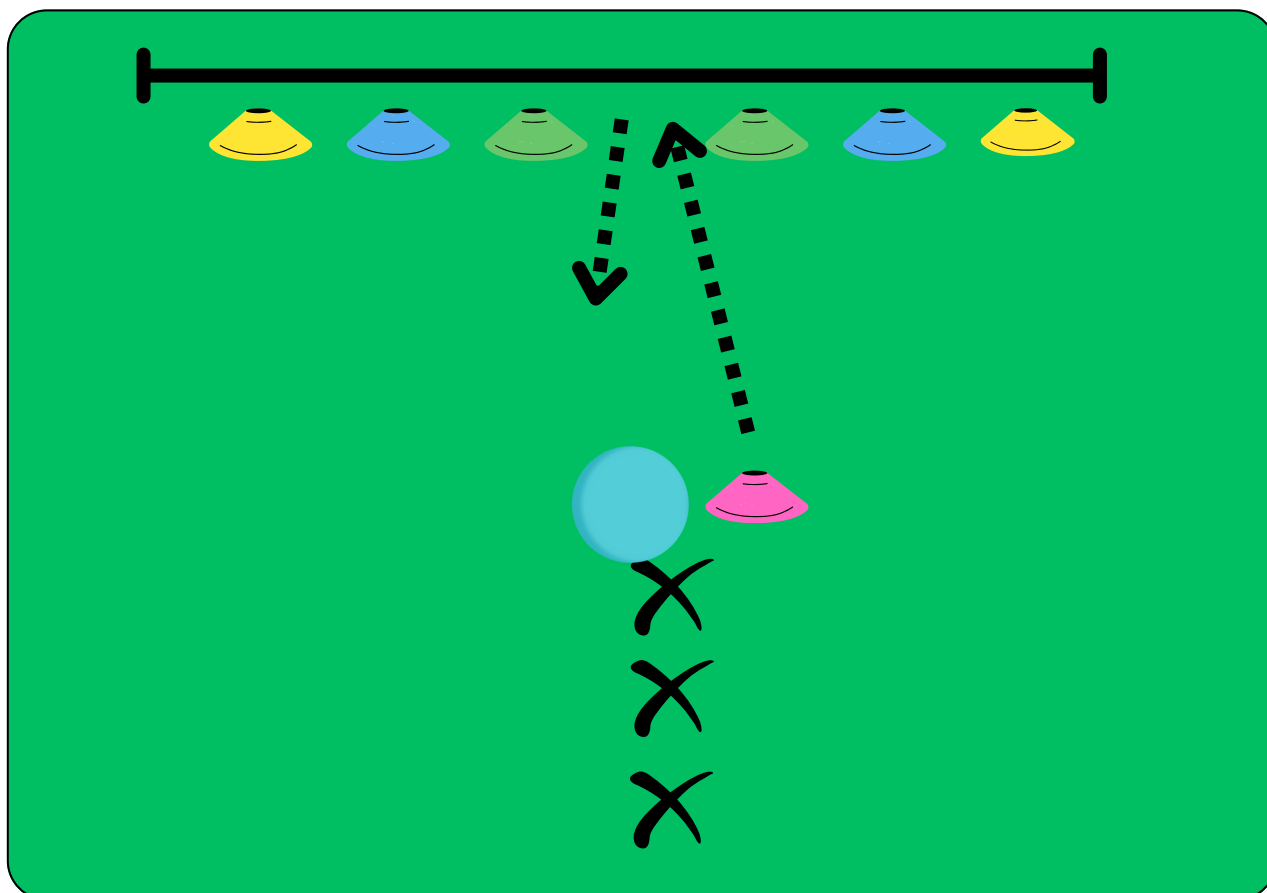
Using all the ways you can throw a ball, object manipulation, catching and co-ordination

EXPLANATION

- Use cones to mark out targets to throw the ball at against a wall
- Take turns in your team to throw the ball against the wall aiming between the targets
- Score points depending on which target area you hit; Green = 5 pts, Blue = 3 points, Yellow = 1pt

VARIATIONS

- Change distance of throwing cone
- No bounces allowed - clean catch off the wall to score





CATCHING

GAME CARD | FIRE AND ICE

AIM

Learn key points to throwing a ball using different throwing technique

EQUIPMENT

Cones, balls and a 15 x 15m area

CORE SKILLS

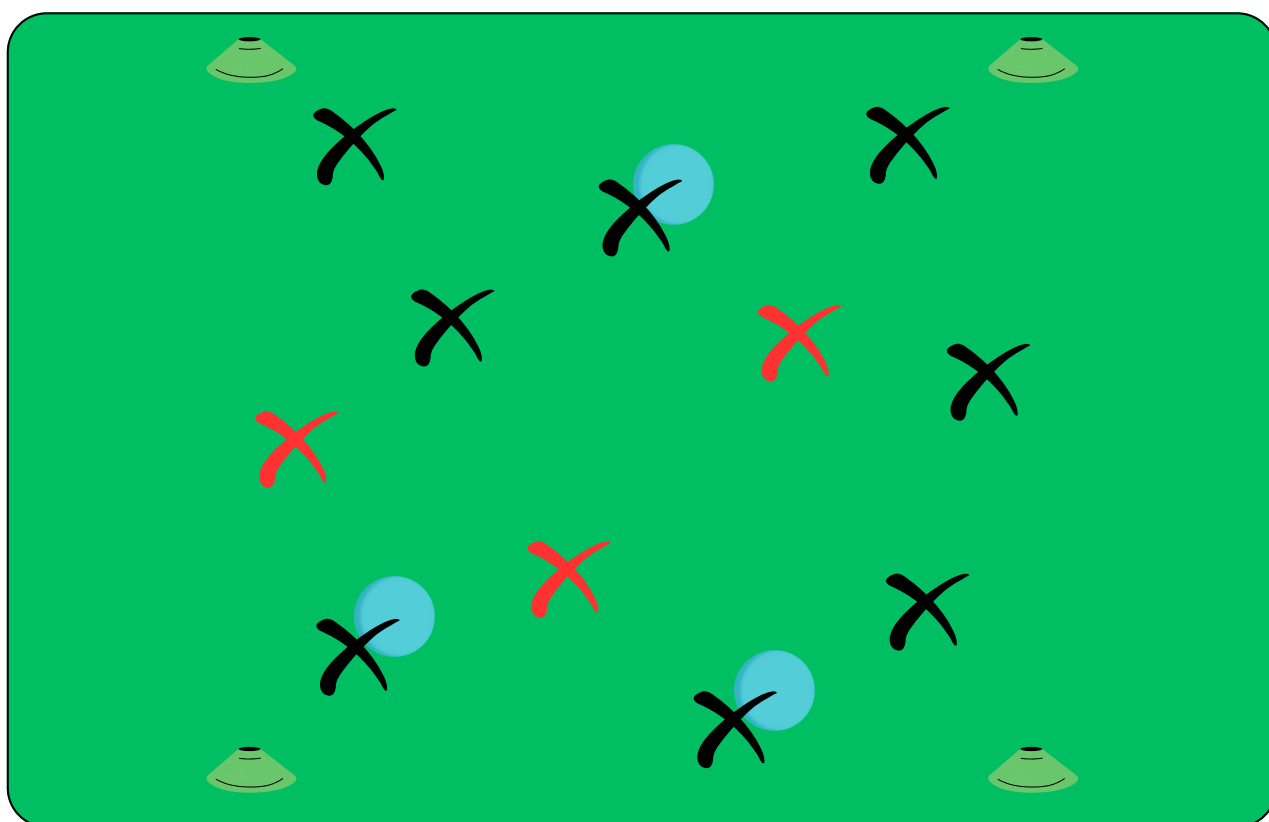
Using all the ways you can throw a ball, object manipulation, catching and co-ordination

EXPLANATION

- Mark out a grid 15m x 15m, split pupils into groups of 10
- 3 of the pupils are given red bibs or noodles (flames)
- All other pupils move around the area and pass balls to each other
- If a pass is dropped, the pupil freezes (in ice). They can be unfrozen by being tagged by one of the flames to join back into the game

VARIATIONS

- Change the size of the ball (smaller)
- Count passes - challenge to reach a certain number



KEY



CONE



PUPIL



BALL

PLENARY

- Pupils safely collect and put away equipment
- What games have we played today?
- What are the key learning points for catching?



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