

Nursery PE Lesson 1

Body Awareness

RESOURCES- Cones, Animal cards, large & small balls, iPod/stereo

MAIN SKILLS – Wiggle, Stretch, Running, Jumping

SUB SKILLS- Squeezing, Rolling, Tapping

EYFS OUTCOMES:

- **e.g. Moves freely and with pleasure and confidence in a range of ways, runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles**

ACTIVITY 1 - WARM UP – BODY MOVES

WIBBLY WOBBLY – wiggling the fingers, shaking the hands and legs stopping and starting STAND UP SIT DOWN sit down and stand up on teachers command,– REACH FOR THE SUN – hands on the floor, raise hands and stretch up as high as they can and then back down ARMS AND SHOULDERS – small and big circles with arms and shoulders changing speed and direction. LEGS AND FEET – lean back one foot in the air and draw big and small circles with foot. HIPS – hands on hips feet flat on the floor, make circular and sideways movements.

ACTIVITY 2 – Q&A BODY GAME

Teacher stands in front of the children and asks the children about different actions that we do every day. The children answer by wiggling/moving that body part e.g. “What body part do we put our socks on?” – Children will then move their feet and then pretend to put their socks on.

Differentiation

- HEAD - what body part wears a hat (children put a cone on their head) – also we shake and nod our heads (yes and no)
- BACK - What body part do we lie down on (children lie on their backs and move around the area)
- LEGS & FEET - What body parts do we use to run around with (children run around)
- BOTTOM - what body part do we sit on the floor with (children sit down and shuffle their bottoms)
- Children make noise with different body parts e.g. smacking lips, marching, etc.

ACTIVITY 3 – ANIMAL JUNGLE PARTY

Moving to music, get the children to imagine they are at a jungle party and there are 4 animals they have to move like (running like a cheetah, side to side like a crab, flap wings and fly like a bird, jumping like a frog) without bumping into each other.

Differentiation

- Add more animals to move at different paces (slither like a snake, move crazy like a monkey, etc.)
- Use colour cones as trees or water for children to change direction
- Find somebody to move with
- Move in a smaller space (more challenging) / larger space (easier)
- Different pace / genre of music

ACTIVITY 4 – ANIMAL OBSTACLE COURSE

Give the children a ball each to familiarise themselves with a ball – tapping, squeezing, rolling. Get them to roll the ball all over the body from head to toe, touching different body parts. Teacher to call out a body part e.g. hands, the children move their ball around the area with their hands.

Differentiation

- Use smaller or bigger balls
- Work in pairs /groups

COOL DOWN – SIMON SAYS

Play Simon Says using body parts. Place spots around the space. Children to move through the spots (without standing on any). When Simon Says find a spot, children need to find and stand on a spot without bumping into each other.