

Foundation Stage / Early Level PE Lesson 1

Multi-Skills

RESOURCES- Cones, balls, beanbags, buckets, hoops, traffic cones, spot markers

MAIN SKILLS – Balance, Crawl, various skills

SUB SKILLS- Working in Pairs, Various skills

EYFS OUTCOMES:

- e.g. Travels with confidence and skill around, under, over and through balancing and climbing equipment.
- e.g. Experiments different ways of moving , developing balance agility and coordination and begin to apply these in a range of activities.

ACTIVITY 1 - WARM UP – COLOUR ROAD

Spread a lot of coloured cones around the area, each colour represents an action. Children to move in and out of the colours, when the teacher calls out a colour e.g. RED the children have to JUMP over as many red cones. BLUE means CRAWL to as many blue cones. GREEN means to move backwards to as many green cones. YELLOW means TAP as many yellow cones. – Change the actions for each colour.

ACTIVITY 2 – GRAND PRIX

Mark out a racing track with a start & finish. Give each child one of 3 colour cones, which is their steering wheel. Teacher to call out the different colours so that the children with the corresponding colour race cars jump up and race around the track then sit down as fast as they can.

Differentiation

- They have to reverse from start to finish line
- Go around more than once
- Add obstacles to drive around / jump over

ACTIVITY 3 – CROSSING THE POND

Give each child two lily pads (spots). The goal is to cross the pond by walking on their two lily pads – if they lose balance and fall into the water they have to do a forfeit such as 3 jumping jacks and then continue crossing the pond.

Differentiation

- Make the pond a longer (more challenging) / shorter (easier) distance
- Children to cross the pond in pairs (sharing two lily pads between them)
- Place a time limit to cross the pond
- Make it a race

ACTIVITY 4 – BEARS AND LOGS

Half the class stand on one side of the room as bears and the other half lie down flat arms by side around the area, the logs. When the teacher calls out “Go bears go” all the bears have to bear crawl over as many logs as the can. When the teacher calls out “Go home bears” the bears go back to their starting place. Logs and bears to swap over.

Differentiation

- BRIDGES & WATER - half the group are bridges (on hands and feet with bottom in the air) and the other half of the group are water (flowing under the bridges)
- Step over the logs
- Crawl / step over/ flow through certain amount of logs / bridges

COOL DOWN – COLOUR LINES

Set out 4 or 5 parallel lines of colours in the area and have the children start at one side of the area. When the teacher calls a colour they must travel to that line in different ways, finishing off by having them move in slow motion to each line bring the heart rate down.