

Foundation Stage / Early Level PE Lesson 2

Large Equipment

RESOURCES- Wooden/ metal climbing frames, foam steps, slopes, slides, ladders, balance beams, benches, play tunnels

MAIN SKILLS - Climbing, Crawling, Balancing Independent

SUB SKILLS- Running, Enjoyment

EYFS OUTCOMES:

- e.g. Travels with confidence and skill around, under, over and through balancing and climbing equipment

ACTIVITY 1 - WARM UP – UP AND DOWN

Spread cones and markers out on the floor. Ask the children to carry a ball in their hands and run slowly in and out of all the markers without bumping into anyone. On the identified signal, children stop and put the ball down on the floor and stand still. Then... run slowly in and out of all the balls and markers until on the signal they must pick up their own ball. Then repeat

Differentiation

- HARDER - Reduce the space
- EASIER - Make space bigger
- Use larger/smaller balls/ beanbags
- Tell children what equipment to pick up only

ACTIVITY 2 – CLIMBING

Using outside climbing apparatus, children should explore ways of travelling e.g. up & down, through, along, across, into, over, around encouraging them to use hands and feet.

Differentiation

- EASIER - Use soft play equipment to climb on for those that aren't confident or may struggle on apparatus
- HARDER - Set them challenges e.g. climb up ladders, walk along the rope, slide down the slide
- HARDER - Give them a small object to carry e.g. beanbag, ball
- Use higher/ lower apparatus

ACTIVITY 3 – BALANCING

Provide opportunities for children to move and balance on large equipment e.g. along a beam, along a plank, along a bench. And for them to make shapes holding their balance using arms and legs.

Differentiation

- EASIER - Use mats/smaller equipment to balance on for those that aren't confident or may struggle on large equipment
- HARDER - Balance on different heights and levels
- HARDER - Get children to balance for slightly longer
- HARDER - Using cones/beanbags to balance on head as well as balancing on the large equipment
- EASIER - Balance assistance from an adult

ACTIVITY 4 – MINI OBSTACLE COURSE

Set up a range of activities that match the children's skill level e.g. BALANCE – walk along the 'Tightrope' using a rope. CRAWL – under a table or bench. JUMP – stand on the spot and do jumping jacks. PULL & RIDE - pull a wagon along from one side to another. REACH & TOSS – throw beanbags into a bucket or hoops. WALK & WEAVE – set up a line of cones for children to walk in and out.

Differentiation

- HARDER - Stand on one foot and count to 5 (BALANCE)
- Go through a pop up tunnel or lay a broomstick across two chairs (CRAWL)
- Jump in a LINE of spot markers (JUMP)
- Take a lap on a tricycle or scooter (PULL & RIDE)
- Children to walk backwards or walk heel to toe in a straight line (WALK & WEAVE)