**Year Group 2**

**Movement Development – Lesson 1**

**Learning outcomes**

Children will learn to respond to teacher's instructions, changing pace and direction with control. Children will begin to carry apparatus when moving and co-operate with others.

**Resources needed**

Beanbags, bands.

**Lesson summary**

**Warm up**

Ask children to find a space and sit down. How do their bodies feel - are they cold, warm, hot? Is their heart beating slowly or quickly? Explain that we are going to warm up our bodies by playing 'Top Gear'. In this activity children pretend they are driving a car and listen to the teacher's instructions (see additional resources for game). Gradually move from one gear to another so bodies warm up and joints loosen. Ask children how they are feeling at end of activity.

**Introductory Activity and Experimentation**

Ask children to find as many different ways of moving on their feet as they can. Encourage them to watch the rest of the class at all times and make use of all the spaces. Stop the children and share some of the ways they have been moving. Ask children to describe their movements.

Challenge children to copy some of the movements. If possible, pick out running for this lesson. Encourage children to turn and move away if someone comes too close. Challenge them to run with small steps, large steps, high knees, on tiptoes. Encourage them to change direction when you instruct them to do so - moving sideways, slowly backwards, in a curved pathway, in a straight line. Ask them to jog on the spot for 30 seconds etc.

Explain that in some games we need to run but we also need to dodge other children so that we are not caught. Give each child a coloured band to tuck into their shorts at the back and teach them how to play Rabbits (see additional resources). Encourage children to use all spaces, to dodge and not bump into people.

**Skill Building**

Ask children to take a beanbag and move while carrying it in different ways. Ask children to share some of the ways with the class - in their hands, on heads, between their legs etc. Can children think of any different ways? Which was the easiest/hardest way to carry the beanbag? Discuss the best way to carry a beanbag if children were running as part of a game.

**Concluding Activity**

Tell children they are now going to play a game where they will have to work together as a small group to collect beanbags to make a Rainbow. While playing this game encourage children to develop skills learnt earlier in the lesson.

**Cool Down**

Ask children to sit in a large class circle. Get them to pass a bean bag around the circle in time to the teacher counting the beat - 1,2,3,4. When the teacher calls 'change direction' children pass the beanbag around the other way. Children should be encouraged to keep their eyes on the beanbag at all times.

At the end of the activity ask the children how their bodies have changed during the session. Did their heartbeat change etc.? Did children enjoy the session? Which activities did they enjoy most? Why is exercise good for us?

**Extension activities**

In the Cool down activity, the number of beanbags could be increased. The beanbags could also move in different directions at the same time so that children have to concentrate on more than one. The beanbag must not stop moving.