

EYFS - Fundamental Movement Skills

Locomotor Skills - Lesson Plan

MOVING
EDSTART

Lesson Objective

To safely move around at different speeds, heights and being able to stop and start under control

Lesson 1/6

Equipment Needed

Cones, markers, hoops, bean bags.

Success Criteria

Children can:

- Know how to safely find space and move around avoiding obstacles
- Travel at various speeds and can change the way they are travelling
- Safely under control stop and start running/moving
- Revise and refine the fundamental movement skills they have already acquired: Rolling, crawling, walking, jumping, running, hopping, skipping, climbing

Key Questions

How can we move around?

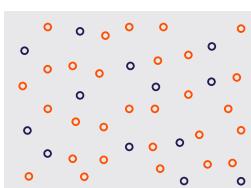
Warm Up

Stopscotch:

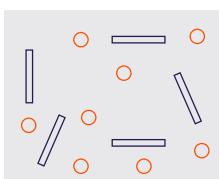
Lay out as many hopscotch lines as you can fit in the playing area. For this activity the children enjoy playing hopscotch. When the coach shouts 'Stop' the child on the hopscotch must stop straight away either balancing on one leg or stood on two feet.

Main Activity

Dishes Or Domes:



Split your class into four teams and spread out four different coloured cones in the area. Place some in the ordinary fashion (dishes) and some upside down (domes). Each team have the same amount of time to attempt to turn as many cones as they can the way they want them (Each team aims to keep their cones as dishes, whilst making all the other cone's domes). All children must move for the whole game, don't allow anyone to put their knees on the floor.



Snakes & Ladders:

Lay out as many benches as will fit in your area and 6-7 plastic hoops on the floor in the hall. Refer to the benches as 'SNAKES' and hoops as 'LADDERS'. Pupils must walk along the benches without stepping on the floor and hold a balance inside the hoops. PROGRESSION: Get the children to change the shape of their movement/balance as they travel around the hall.

Moving Obstacles:

Children will move around the hall/space, jumping over, walking along, and climbing through several obstacles. The children will practice jumping, crawling, and walking along a bench. (Encourage jumping with two feet and landing with two feet).

Cooldown

Recap and discuss Success Criteria.

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Lesson Objective	To walk, move and run whilst using various pieces of equipment	Lesson 2/6
Equipment Needed	Disc cones, hoops, speed ladders.	
Success Criteria	Children can: <ul style="list-style-type: none">Move around safely whilst holding various pieces of sporting equipmentKnow how to stop/start running whilst using various pieces of equipmentChange speed and direction safely and under controlDevelop overall body-strength, balance, coordination and agility	
Key Questions	Hoops, benches, cones, markers, treasure (anything small to place under a cone).	
Warm Up	Coach Says: The coach calls out 'Coach says...' followed by a simple action and all players respond accordingly. If the children move or do an action when the coach doesn't say Coach says, they will be out.	
Main Activity	Introduce Movement: Children are asked to find their own space within the hall and look at ways in which they can travel around the hall. Play a game of Move Like A... : The movements are as follows ... <ul style="list-style-type: none">Car = Jogging around pretending to hold a steering wheelPlane = Jogging around with arms outstretched like wingsMotorbike = Hopping on one footTrain = Find some friends and make a long trainSubmarine = Lying on the floor and shuffling staying very low Shark Attack: Place hoops around your playing area the children are not allowed in this space until they hear the Coach shout out 'Shark'. Children explore the sea until a Shark arrives – when that happens the children must run and stand inside a hoop asap. Set a limit to the number of children in the hoop, after each visit from the Shark. Remove a hoop! When children are out, they must practice catching in the coned area. The Pirate Treasure Hunt: Split your group into teams with no more of four (set up two activities if needed) Teams stand in the corner of the area and take it in turns to run to find the treasure underneath the cones. If there is treasure underneath the cone they get to keep it. The team with the most treasure at the end wins.	
Cooldown	Recap and discuss Success Criteria.	

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Lesson Objective

To move around using various techniques

Lesson 3/6

Equipment Needed

Cones, hoops, benches, tunnels.

Success Criteria

Children can:

- Develop confidence, competence, precision and accuracy when engaging in movement
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing, whilst safely negotiating space

Key Questions

How can we move around?

Warm Up

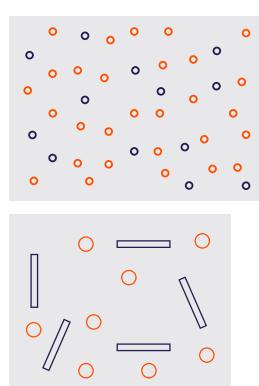
Stopscotch:

Lay out as many hopscotch lines as you can fit in the playing area. For this activity the children enjoy playing hopscotch. When the coach shouts 'Stop' the child on the hopscotch must stop straight away either balancing on one leg or stood on two feet.

Main Activity

Dishes Or Domes:

Split your class into four teams and spread out four different coloured cones in the area. Place some in the ordinary fashion (dishes) and some upside down (domes). Each team have the same amount of time to attempt to turn as many cones as they can the way they want them (Each team aims to keep their cones as dishes, whilst making all the other cone's domes). All children must move for the whole game, don't allow anyone to put their knees on the floor.



Snakes & Ladders:

Lay out as many benches as will fit in your area and 6-7 plastic hoops on the floor in the hall. Refer to the benches as 'SNAKES' and hoops as 'LADDERS'. Pupils must walk along the benches without stepping on the floor and hold a balance inside the hoops. PROGRESSION: Get the children to change the shape of their movement/balance as they travel around the hall.

Moving Obstacles:

Children will move around the hall/space, jumping over, walking along, and climbing through several obstacles. The children will practice jumping, crawling, and walking along a bench. (Encourage jumping with two feet and landing with two feet).

Cooldown

Recap and discuss Success Criteria.

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Lesson Objective

To walk, run, stop and start using different commands

Lesson 4/6

Equipment Needed

Success Criteria

Children can:

- Follow simple movement patterns
- Dodge, avoid, and find space when running
- Stop and start quickly following set instructions
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

Key Questions

Warm Up

Stopscotch:

Lay out as many hopscotch lines as you can fit in the playing area. For this activity the children enjoy playing hopscotch. When the coach shouts 'Stop' the child on the hopscotch must stop straight away either balancing on one leg or stood on two feet.

Main Activity

Body Parts:

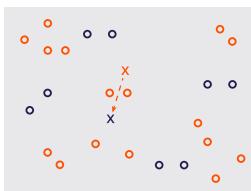
Dribble around the area keeping the ball close to them. Shout out different body parts, head, foot, belly... children must put they body part on the ball without using their hands. The first person to put the correct body part on the ball will win a point.

Follow My Leader:

Playing in small groups or as one large group, the leader travels around a marked area while everyone else follows. As the coach says 'stop', the leader must hold a static balance position that all followers must duplicate.

The Car Game:

All children have a hoop (Car) they must hold it around their waist. If you don't have enough hoops, then children can hold a cone as a steering wheel. The coach will shout instructions that the children must respond appropriately to – Drive – Move around the area in their car. Reverse – Move backwards around the area, Traffic – Drive slowly, Motorway – Drive fast, Roundabout – Movement around a hoop.



Traffic Warden:

Lay out several gates with cones. Place these dribbling gates at three set distances apart. I.e., large gate = Red (1 Point), Medium gate = Blue (2 Points), Small gate = Orange (5 Points). Children must move through the various gates. Choose a few children to become, traffic wardens, their jobs is to 'block' the gates, and stop the other children from moving through them. PROGRESSION – Set a time limit, how many points can score in one minute.

Cooldown

Recap and discuss Success Criteria.

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Lesson Objective To negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles **Lesson 5/6**

Equipment Needed Disc cones, hoops, objects to place underneath the cones, speaker.

Success Criteria Children can:

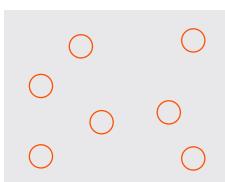
- Negotiate space and avoid obstacles with consideration for themselves and others
- Know how to change direction quickly and under control
- Understand racing and chasing games and how to avoid getting caught
- Demonstrate strength, balance and coordination when playing

Key Questions

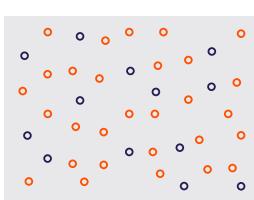
Warm Up **Under The Sea:**

Using a speaker, play 'Under the Sea' from the Little Mermaid. Children will move around the space pretending to be 'Under the Sea'. As the children move around your playing area ask them what they have found.

Main Activity **Shark Attack:**



Place hoops around your playing area the children are not allowed in this space until they hear the Coach shout out 'Shark'. Children explore the sea until a Shark arrives – when that happens the children must run and stand inside a hoop asap. Set a limit to the number of children in the hoop, after each visit from the Shark. Remove a hoop! When children are out, they must practice catching in the coned area.



Ariel's Treasure:

Split your groups of no more than four. Have several areas set up. These two teams will compete to try and find as many pearls as possible. For 'pearls' you can use anything you like if it is small and fits underneath a disc cone. Ask all the children to face the wall whilst you spread out the pearls in your lesson space. Once you have done this (make sure the children aren't peeking) place cones on top of the pearls and place a lot of cones on the floor without anything under them. The children take turns to run out and pick up a cone and take it back to their team.

Crabs Or Shells:

Split your class into four teams and spread out four different coloured cones in the area. Place some in the ordinary fashion (crabs) and some upside down (shells). Each team have the same amount of time to attempt to turn as many cones as they can the way they want them (Each team aims to keep their cones as crabs, whilst making all of the other cone's shells). All children must move for the whole game, don't allow anyone to put their knees on the floor.

Cooldown Recap and discuss Success Criteria.

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Lesson Objective	To play small team games involving different types of movement	Lesson 6/6
Equipment Needed	Cones, markers, mats.	
Success Criteria	Children can: <ul style="list-style-type: none">Jump/leap and land safely under controlDevelop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming	
Key Questions	How can we use the technique learnt to play small games?	
Warm Up	Stopscotch: Lay out as many hopscotch lines as you can fit in the playing area. For this activity the children enjoy playing hopscotch. When the coach shouts 'Stop' the child on the hopscotch must stop straight away either balancing on one leg or stood on two feet.	
Main Activity	Ice Tag: In two equal size areas, split the class in half. Children will take the role of water and move around the area. Pick two children to take the role 'ICE'. They have to chase after the other children and tag them. If the children are tagged by 'ICE' then they have to freeze. Keep playing the game until all the children have been frozen. PROGRESSION: HEAT AND ICE: Pick two children to wear a yellow bib, these children are now the sunshine. The 'sunshine' can unfreeze any body who is tagged by 'ice' for them to join back in the game. Spots: Children move around the hall looking to touch as many spots as they can in 20 seconds. Encourage the children to go to the open 'spots' and to always be looking around for the open space. Give the children challenges, who can touch the most spots in the 20 seconds, who can touch every spot in the hall in 20 seconds. PROGRESSION: Group children in 2's. They will now be asked to mirror/follow their partner around the hall at the same time touching the spots. This should get the children to look up and be aware of what is around them and where their partner is. Keep changing the player who is the leader. Don't Wake Up The Coach: Children stand at one side of the area as the coach stands/lies at the other end. When the coach is asleep, the children quickly and quietly try and walk up to the coach and take their treasure (cones). Once they pick up an object they run back to the start. If the coach wakes up, children must freeze and stand still. If they move, coach sends them back to the start.	
Cooldown	Recap and discuss Success Criteria.	