

Year 1 - Fundamental Movement Skills

Locomotor Skills - Lesson Plan

Lesson Objective

To run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles

Lesson 1/6

Equipment Needed

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

Success Criteria

Children can:

- Know how to safely find space and move around avoiding obstacles/others
- Travel at various speeds and can change the way they are travelling
- Safely under control stop and start running/moving
- Understand racing and chasing games and how to avoid getting caught

Adapted Learning (Differentiation) (Challenge)

Group by ability.

Key Questions

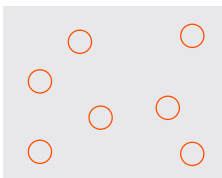
What is agility?

Warm Up

Under The Sea:

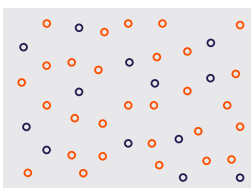
Using a speaker, play 'Under the Sea' from the Little Mermaid. Children will move around the space pretending to be 'Under the Sea'. As the children move around your playing area ask them what they have found.

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

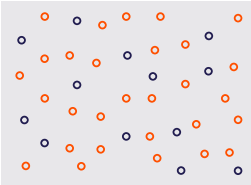
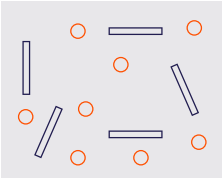
Recap and discuss Success Criteria.

Key Technical Points

Agility - To change direction at speed whilst keeping balance.


Year 1 - Fundamental Movement Skills

Locomotor Skills - Lesson Plan

Lesson Objective	To safely move around at different speeds, heights and being able to stop and start under control	Lesson 2/6
Equipment Needed	Cones, benches, markers, hoops, bean bags.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Travel at various speeds and are able to change direction and height• Safely and under control, stop and start whilst running/moving• Know how to change direction quickly and under control• Understand racing and chasing games and how to avoid getting caught	
Adapted Learning (Differentiation) (Challenge)	Can we change the shape and direction of how we travel.	
Key Questions	How do we travel at speed?	
Warm Up	<p>Stopscootch:</p> <p>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.</p>	
Main Activity	<div><p>Dishes Or Domes:</p><p>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.</p></div> <div><p>Snakes & Ladders:</p><p>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.</p></div> <p>Moving Obstacles:</p> <p>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).</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Speed - The ability to move parts of the body as quickly as possible.	

Year 1 - Fundamental Movement Skills

Locomotor Skills - Lesson Plan

Lesson Objective	To move using in a variety of different ways	Lesson 3/6
Equipment Needed	Cones, hoops and bean bags.	
Success Criteria	Children can: <ul style="list-style-type: none">• Know how to safely find space and move around avoiding obstacles/others• Move in a variety of different ways following simple instructions• Travel at various speeds and can change the way they are travelling	
Adapted Learning (Differentiation) (Challenge)	Children work to their own ability.	
Key Questions	What different ways can we move?	
Warm Up	Superheroes: Children move around in a space. Coach calls out several different actions. "Superheroes need to be able to..." Fly, Sprint, Jump, Hop etc.	
Main Activity	Superhero Tag: Choose 2-4 players to be the 'Villains'. The superheroes must move around the hall/space to avoid being 'caught' by the villains. If a Superhero is caught, they are frozen, and cannot move. Other superheroes can rescue each other by running under the frozen superheroes arm.  Laser Room: The Villains has now trapped all Superheroes inside a room full of lasers. They need to avoid setting off the lasers to escape. There are different types of movements to evade different types of lasers, Red = Jump over, Yellow = hop over, Green = Sideways stepping, Blue = Leap. PROGRESSION: Time the children for one minute and ask them to count how many cones they can jump/hop over in one minute.  Superhero Rescue: The villain has dropped his jewels on the floor. The Superheroes job is to try and pick them all up. Spread lots of cones across the area, then split the children into groups of no more than five. One at a time they must run out and pick up a cone (which is a jewel). The team that gets the most jewels wins.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Movements – Run, walk, jog, jump, leap, sideways.	

Year 1 - Fundamental Movement Skills

Locomotor Skills - Lesson Plan

Lesson Objective

To travel with skill under, over and around various equipment whilst balancing and climbing

Lesson 4/6

Equipment Needed

Hoops, benches, cones, markers, treasure (anything small to place under a cone).

Success Criteria

Children can:

- Safely move, over, under and through various pieces of equipment
- Know how to change their movements to travel through various pieces of equipment
- Perform a range of movements (jogging, skipping, jumping, side stepping etc.)
- Develop overall body-strength, balance, coordination and agility

Adapted Learning (Differentiation) (Challenge)

Group by ability, vary the distance between equipment.

Key Questions

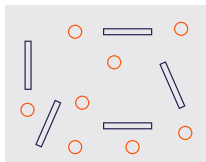
How can we safely?

Warm Up

Captain Hook:

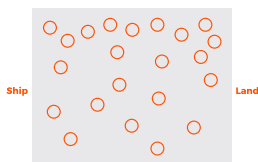
All children start at one side of the area, on Coaches call they must run to the opposite side of the area. Choose several children to become Captain Hook (tagger). Their job is to tag the children as they cross. If a player has been stopped by Captain Hook, they join the tagging team.

Main Activity



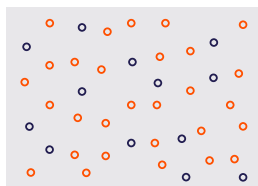
Walk The Plank:

Set up an area with as many benches as you can. Children have to walk around the area, and walk across each bench they come across. You may also set up skipping ropes on the floor for the children to walk along. PROGRESSION: Place hoops around the room, children must crawl through the hoops, placing it back in the same place once completed.



Rocky Islands:

Set up an two areas and split the group in half. Each child will practice moving from their pirate ships onto land without getting their feet wet. One side of the area is the ship and the opposite side in land. In between both lines place flat/spot markers on the floor for the children to move over. Children must get across the area from one side to the other without stepping off the spots. Children will need to plan their route as their will be more 'pirates' moving across the area at the same time.



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.

Key Technical Points

Children move quickly and under control, avoiding other children and obstacles.

Year 1 - Fundamental Movement Skills

Locomotor Skills - Lesson Plan

Lesson Objective	To walk, run, stop and start using different speeds and directions following certain commands	Lesson 5/6
Equipment Needed	Cones, hoops and bean bags.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Follow simple movement patterns• Emulate actions and movements when demonstrated by the coach/teacher• Dodge, avoid, and find space when running• Stop and start quickly following set instructions• Adapt changes in direction and speed in varied situations	
Adapted Learning (Differentiation) (Challenge)	Children can move at the own ability.	
Key Questions	How do we move at speed?	
Warm Up	<p>North, South, East, West:</p> <p>Name the four sides of the area, North, South, East, West. When the Coach shouts that direction all the children must run to it, and back into the middle of the area. Change directions often, to encourage movement and change of speed and direction.</p>	
Main Activity	<p>Spots:</p> <p>Hand each child a cone (or something circle) and inform the children they are now holding a steering wheel. Coach holds up a red cone (red light) all the children must stop as fast as possible. Orange Cone (amber light) – children jog on the spot. Green Cone (green light) the children start to move around.</p> <p>PROGRESSION:</p> <ul style="list-style-type: none">• Roundabout – Children use the hoops as roundabouts to run around• Reverse – Children move backwards. Looking over their shoulder• Motorway – Children speed up and run faster• Speed Camera – Children slow down and move around by walking <p>Transport Game:</p> <p>Children to move like that mode of transport. The movements are as follows: Car = Jogging around pretending to hold a steering wheel, Plane = Jogging around with arms outstretched like wings, motorbike = Hopping on one foot. Train = Find some friends and make a long train, Submarine = Lying on the floor and shuffling staying very low.</p> <p>Traffic Warden:</p> <p>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.</p>	
		
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Speed – The ability to move parts of the body as quickly as possible whilst under control.	

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Lesson Objective	To walk, run, jump, leap and land under control	Lesson 6/6
Equipment Needed	Cones, markers, mats.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Know how to jump/leap correctly• Balance on one leg momentarily• Jump/leap and land safely under control• Use more advanced methods of moving (hopping, galloping, moving backwards, jumps from 1 leg to 2, jumps from 2 legs to 1)• Jump off an object and land appropriately	
Adapted Learning (Differentiation) (Challenge)	Children work by their own ability.	
Key Questions	How do we move under control?	
Warm Up	<p>Stopscotch:</p> <p>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.</p>	
Main Activity	<p>Ice Tag:</p> <p>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.</p> <p>Spots:</p> <p>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.</p> <p>Don't Wake Up The Coach:</p> <p>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.</p>	
Cooldown	Recap and discuss Success Criteria.	