

MARINA INTERNATIONAL SCHOOL

PHYSICAL EDUCATION SCHEME OF WORK

RECEPTION - TERM 1

WEEK	TOPIC	TOPIC DETAILS
1.1	SIMPLE EXERCISES	WARM-UP EXERCISES:jogging round the field well spaced. Stretching to loose muscles. Stretching other parts of the body to gain flexibility. Sprint at a shorter distance to gain endurance.
2.1	SIMPLE BALL GAMES	Playing with balls makes physical activity fun. • Throwing, catching and kicking balls is good for muscle development, hand-eye coordination and fitness. Throwing, catching, rolling and kicking balls: works arm and leg muscles improves hand-eye coordination increases fitness.
3.1	THROWING OF QUOITS	Target Throwing: The students take turns to throw the quoits at the target in a given number of throws. Challenges could include: throwing with the dominant hand. throwing with the non-dominant hand. shortening and lengthening the throwing distance. The students can select a distance, such as 1 metre, or 2 metres apart, and see how many successful throws and catches they can make in one minute. If the frisbee is dropped, the throw does not count.
4.1	SINGING AND DANCING	CHILDREN SING AND DANCE WHILE EXERCISING. TAKE TURNS IN DANCING TO CREATE FUN. DANCE ROUND THE CIRCLE AS THE SONG GOES ON. STRETCH BEFORE GOING TO CLASS.
7.1	THROWING AND CATCHING SOFTBALL	CHILDREN THROW AND CATCH THE BALL. FOCUS ON THE BALL. CATCH THE BALL WITH TWO HANDS. CHILDREN DO THAT SEVERAL TIMES TO MASTER THE SKILL.

WEEK	TOPIC	TOPIC DETAILS
8.1	FOOTBALL	CHILDREN PRACTICE TO KICK AND DRIBBLE THE BALL. KICK OR PASS THE BALL USING ANY FOOT. KICK THE BALL THAT HAS THE MOST STRENGTH. PLAY IN SMALL GROUPS OF FOUR USING DIFFERENT BALLS.
9.1	SPRINTING	Warm up: walking, jogging or running over distance. <ul style="list-style-type: none"> • walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds. sprint distances of 10 to 20 m. <ul style="list-style-type: none"> • practice reaction sprints. • practice the standing start.
11.1	AEROBICS	SQUATTING: Stand with your feet slightly wider than your hips. Your toes should be pointed slightly outward – about 5 to 20 degrees outward (the wider your stance, the more you'll want to rotate your feet outward). Look straight ahead and pick a spot on the wall in front of you. Look at this spot the entire time you squat, not looking down at the floor or up at the ceiling.

PHYSICAL EDUCATION SCHEME OF WORK

RECEPTION - TERM 2

WEEK	TOPIC	TOPIC DETAILS
1.1	ATHLETICS(SPRINTING)	<p>Warm up: walking, jogging or running over distance.</p> <ul style="list-style-type: none"> • walk or jog in a non-competitive setting for periods extending from 30 seconds to 90 seconds. • sprint distances of 10 to 20 m. • practice reaction sprints. • practice the standing start.
2.1	HURDLING	<p>Hurdling.</p> <ul style="list-style-type: none"> • run over flat markers. • run over cones evenly spaced. • run over low hurdles, i.e. less than 20 cm high. • run over low hurdles, evenly spaced
3.1	RELAYS	<p>Participate in a pair relay using a beanbag, developing simple technique passing with</p> <p>right hand and receiving with left hand.</p> <ul style="list-style-type: none"> • Practice baton change-over technique while stationary, with a partner, developing into practice with a team of four. • Practice baton change-over technique while moving slowly, with a partner, developing into practice with a team of four. • Practice the standard relay (i.e. four children per team, using a baton) in a straight line. • Participate in team relays or shuttle relays in small groups, using various means of travelling.

WEEK	TOPIC	TOPIC DETAILS
5.1	HURDLING IN GROUPS OF FOUR	<p>Run 20 to 40 m over evenly spaced hurdles (30–40 cm high approx.).</p> <ul style="list-style-type: none"> • practice the technique of hurdling developing the lead leg and running three strides between hurdles. • Run 40–60 m over evenly spaced hurdles (40–50 cm high approx.). • practice the technique of hurdling run 150 m approximately over unevenly spaced hurdles (30 cm high approx.)
6.1	OBSTACLE RACE	<p>Run over evenly spaced low hurdles 20cm-50cm identify and pick a cone or marker.</p> <ul style="list-style-type: none"> • Run crawl and pick a bucket or basket of your colour. <p>Run crawl underneath hurdles pick a cone and end up to the finishing line.</p>
9.1	BEAN BAG ACTIVITIES	<p>Bean bag toss. Place a target onto the ground with chalk or tape. Take turns tossing bean bags as close to that target as possible. As players get better, have them take a step back and try again.</p> <ul style="list-style-type: none"> • Unfreeze a friend. Every player places a bean bag onto their head then must move around the play space keeping the bag balanced. If the bag falls, the player must let it drop to the ground and freeze. Other players may help frozen players by picking the bean bag up off the ground and handing them to the frozen player to put back on their head and move again. • Juggling. Learning how to juggle takes practice, but for motivated kids and it be a fun process. With one bean bag, begin developing the skill to throw and catch with one hand. Once this is mastered, add a second bean bag and practice passing two bags to opposites hands at once. Finally, add the third bean bag. The challenge is the timing. Each bag must be thrown after another and before the next one is catch
11.1	FOOTBALL MINI MATCH	<p>Children are selected based on their house colours to play a mini match.</p>

PHYSICAL EDUCATION SCHEME OF WORK

RECEPTION - TERM 3

WEEK	TOPIC	TOPIC DETAILS
1.1	SIMPLE EXERCISES	Exercises to develop children's physique and performance. Developing control and building a good foundation.
2.1	BASKETBALL	INTRODUCTION TO BASKETBALL GAME. BASIC SKILLS IN BASKETBALL. CHEST PASS To complete a chest pass: Pass the ball from your chest area using two hands. Aim for your teammate's chest. Chest passes can be used when you're not guarded heavily.
3.1	BASKETBALL	BOUNCE THE BALL: Ball Slaps. Continuously slap the basketball from one hand to the other. Straight Arm Finger Taps While making sure to keep your elbows locked, tap the basketball quickly back and forth straight out in front of you. When you become good at this drill start moving the ball up and down.
4.1	BASKETBALL	3. Wraps - Around Ankle Wrap the ball around your lower leg/ankles without letting the basketball touch the ground. 4. Wraps - Around Waist Wrap the ball in a circle motion around your waist. 5. Wraps - Around Head Wrap the ball in a circle motion around your head. 6. Pound Dribble - Ankle Height - Right Hand Dribbling the basketball a couple of inches off the ground with your right hand.
6.1	BASKETBALL	SHOOTING: Feet - Shoulder width apart. Feet - Slightly staggered and/or turned. Strong and stable position. L with arm - start from this position. Up and Out - push up and out through your fingers.

WEEK	TOPIC	TOPIC DETAILS
7.1	SIMPLE BALL GAMES	<p>Playing with balls makes physical activity fun.</p> <ul style="list-style-type: none"> □ Throwing, catching and kicking balls is good for muscle development, hand-eye coordination and fitness. <p>Throwing, catching, rolling and kicking balls: works arm and leg muscles improves hand-eye coordination increases fitness.</p>
8.1	SIMPLE ACTIVITIES	<p>BEAN BAGS:</p> <ul style="list-style-type: none"> □ The first player tosses the bean bag into the air, scatters the bean bags from their other hand, and catches the bag after one bounce. Hopefully, the bean bags are not too far apart or too close. However, they land, the player must play with them as they are. □ When you are playing, you must pick up the bag and catch it with the same hand. □ A player can only touch the bags they are picking up. If the player moves or touches a bag he is not picking up, his turn is over.
11.1	THROWING AND CATCHING FOR ACCURACY	<p>Target Throwing:</p> <p>The students take turns to throw the quoits at the target in a given number of throws. Challenges could include:</p> <ul style="list-style-type: none"> throwing with the dominant hand. throwing with the non-dominant hand. shortening and lengthening the throwing distance. <p>The students can select a distance, such as 1 metre, or 2 metres apart, and see how many successful throws and catches they can make in one minute. If the frisbee is dropped, the throw does not count.</p>