

**Lesson Objective** To be able to run, stop, and change direction safely during simple races and movement games. **Lesson 1/6**

**Equipment Needed** Cones, markers, beanbags, hoops.

**Success Criteria** Children can:

- move safely around the space.
- stop and start quickly.
- change direction safely.
- run at different speeds.

### EDSTART KNOW

- I can say when to stop and go.
- I can tell why I look for space.
- I can say how to run safely.

### EDSTART GO

- I can run and change direction.
- I can stop safely.
- I can move at different speeds.

### EDSTART SHOW

- I can listen to the coach.
- I can wait for my turn.
- I can cheer for my friends.

### Warm Up

**ROCKET RUNNERS:** Children pretend to be rockets travelling around space using different movements such as fast runs, moon jumps, side steps, and slow-motion walking. When the coach shouts "Blast Off!", children freeze in a strong rocket shape before moving again safely around the space. Encourage children to keep their heads up and avoid bumping into others whilst changing speed and direction. **PROGRESSION:** Add countdowns and different rocket movements.

EYFS Link: Physical Development – Speed, coordination, and movement control. Communication & Language – Listening and responding to instructions. PSED – Confidence and awareness of others. PSED – Confidence and awareness of others.

### Main Activity

**PIRATE ISLAND DASH:** Children travel around the play area pretending to move between pirate islands. They must run to islands, jump over pretend water, and freeze when the coach shouts "Shark!" Encourage children to move quickly whilst staying balanced and aware of space around them. **PROGRESSION:** Add treasure objects for children to carry between islands.

EYFS Link: Physical Development – Agility, balance, and coordination. Communication & Language – Listening and following instructions. Expressive Arts & Design – Imaginative movement.

**DINOSAUR STOMP RACE:** Children race between cones pretending to be different dinosaurs. Some dinosaurs move quickly whilst others stomp slowly with giant steps. Encourage children to change movement styles, stop safely, and travel in different directions around the play area. **PROGRESSION:** Add obstacle cones to move around during races.

EYFS Link: Physical Development – Running, balance, and body control. PSED – Confidence and perseverance. Communication & Language – Responding to instructions.

**FARMYARD DELIVERY:** Children collect toy vegetables or beanbags from one side of the area and deliver them safely back to the farm basket. Encourage children to move carefully, avoid others, and carry one item at a time whilst racing against the clock. **PROGRESSION:** Add hopping or balancing challenges whilst carrying equipment.

EYFS Link: Physical Development – Coordination and speed. PSED – Teamwork and turn-taking. Mathematics – Counting collected items.

**SUPERHERO RESCUE:** Children race across the play area pretending to rescue superheroes from danger zones. They run to collect a beanbag "hero," return safely to the start, and place it into the rescue hoop. Encourage quick feet, safe stopping, and cheering for teammates. **PROGRESSION:** Add different travel movements such as skipping or side stepping.

EYFS Link: Physical Development – Running and agility. PSED – Confidence and celebrating others. Communication & Language – Listening and responding to instructions.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Large running spaces first, smaller lanes later.

#### TASK

Straight runs first, then add changes of direction.

#### EQUIPMENT

Ladders, cones, beanbags, stopwatches.

#### PEOPLE

Run independently first, then in pairs and teams.

### Cooldown

**FLOATING BALLOONS:** Children slowly move around the play area pretending to float like balloons in the wind. Encourage children to stretch their arms high, move gently, and slowly lower themselves to the floor whilst taking deep breaths. **PROGRESSION:** Add spinning or balancing balloon movements.

EYFS Link: Physical Development – Relaxation, stretching, and balance. PSED – Self-regulation and calming after activity. Communication & Language – Listening and following instructions.

**Lesson Objective** To be able to throw and roll equipment towards targets.

**Lesson 2/6**

**Equipment Needed** Beanbags, soft balls, buckets, hoops, cones.

**Success Criteria** Children can:

- throw safely.
- aim towards targets.
- roll equipment with control.
- take turns during activities.

### EDSTART KNOW

- I can say how to throw safely.
- I can tell where to aim.
- I can say how to stand for throwing.

### EDSTART GO

- I can throw a beanbag.
- I can roll a ball.
- I can aim at a target.

### EDSTART SHOW

- I can wait behind the line.
- I can clap for my friends.
- I can try my best.

### Warm Up

**SPACE ROBOTS:** Children move around the play area pretending to be robots travelling through space. The coach calls different robot actions such as fast robot, slow robot, giant robot, or tiny robot. Encourage children to change speed, direction, and movement style whilst staying safely in space. **PROGRESSION:** Add robot freeze poses when the coach says "Power Down."

EYFS Link: Physical Development – Coordination, balance, and movement control. Communication & Language – Listening and responding to instructions. PSED – Confidence and awareness of others.

### Main Activity

**DRAGON EGG TOSS:** Children pretend to be dragons protecting their eggs by throwing beanbags into dragon nests marked with hoops and buckets. Encourage children to aim carefully, use controlled throws, and count how many eggs land in the nests. **PROGRESSION:** Move the nests further away or use smaller targets.

EYFS Link: Physical Development – Throwing and aiming skills. Mathematics – Counting and comparing totals. PSED – Confidence and perseverance.

**ROCKET LAUNCHERS:** Children launch foam balls or beanbags pretending to send rockets into space. Encourage children to use strong throwing actions, stand behind the safety line, and watch where their rocket lands. **PROGRESSION:** Add countdowns and target planets to aim towards.

EYFS Link: Physical Development – Strength and coordination. Understanding the World – Exploring movement and force. PSED – Confidence and resilience.

**ICE CREAM ROLL:** Children roll balls carefully towards ice cream cone targets placed around the play area. Encourage children to use gentle pushes, aim carefully, and collect their ball safely before trying again. **PROGRESSION:** Use smaller cones or increase distances.

EYFS Link: Physical Development – Control and coordination. Mathematics – Exploring direction and distance. Communication & Language – Listening and following instructions.

**ALIEN FOOD FIGHT:** Children work in teams throwing beanbags into alien spaceships marked with hoops and buckets. Encourage teamwork, safe throwing, and aiming carefully whilst moving around the area safely. **PROGRESSION:** Add bouncing throws or moving targets.

EYFS Link: Physical Development – Throwing and spatial awareness. PSED – Teamwork and cooperation. Communication & Language – Working with others.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Short throwing distances first.

#### TASK

Rolling first, then underarm throwing.

#### EQUIPMENT

Beanbags, balls, hoops, buckets.

#### PEOPLE

Pairs first, then small teams.

### Cooldown

**FIREFIGHTER REST:** Children sit quietly pretending to cool down after helping at the fire station. Encourage children to stretch their arms high, bend slowly, and take calm deep breaths whilst relaxing their muscles. **PROGRESSION:** Allow children to create their own relaxing stretches.

EYFS Link: Physical Development – Relaxation and flexibility. PSED – Self-regulation and calm focus. Communication & Language – Listening and following instructions.

**Lesson Objective** To be able to move through obstacles using jumping, crawling, balancing, and dodging. **Lesson 3/6**

**Equipment Needed** Hoops, hurdles, cones, tunnels, benches.

**Success Criteria** Children can:

- jump safely.
- crawl through spaces.
- balance carefully.
- move around obstacles.

### EDSTART KNOW

- I can say how to jump safely.
- I can tell how to crawl under objects.
- I can remember different movements.

### EDSTART GO

- I can jump over hurdles.
- I can crawl through tunnels.
- I can balance carefully.

### EDSTART SHOW

- I can wait for my turn.
- I can cheer for my team.
- I can keep trying.

### Warm Up

**FLIP THE FIELD:** Children move around the play area turning cones into the correct team shape. Encourage children to travel using different movements such as skipping, hopping, crawling, or side stepping whilst avoiding others and moving safely around the space. **PROGRESSION:** Add time challenges for each round.

EYFS Link: Physical Development – Agility and coordination. PSED – Teamwork and turn-taking. Communication & Language – Following instructions.

### Main Activity

**JUMPING JUNGLE:** Children run and jump over small hurdles before returning to their starting point. Encourage children to bend their knees, jump with two feet, and land safely whilst balancing after each jump. **PROGRESSION:** Add more hurdles or timed laps.

EYFS Link: Physical Development – Jumping, balance, and coordination. PSED – Confidence and perseverance. Communication & Language – Listening and responding to instructions.

**SNAKES AND LADDERS:** Children travel through an obstacle course by jumping over “snakes” and moving through hoops and tunnels safely. Encourage imaginative movements and safe travelling around the equipment. **PROGRESSION:** Add animal movements throughout the course.

EYFS Link: Physical Development – Coordination and flexibility. Understanding the World – Exploring pathways and space. Expressive Arts & Design – Imaginative play.

**MISSION OBSTACLE:** Children complete an obstacle trail including balancing benches, tunnels, hurdles, and stepping stones. Encourage children to move carefully, balance safely, and support others during the activity. **PROGRESSION:** Allow children to create their own obstacle routes.

EYFS Link: Physical Development – Gross motor skills and balance. PSED – Encouraging and supporting others. Communication & Language – Following instructions.

**CHAMPION CIRCUIT:** Children rotate around activity stations including jumping, balancing, crawling, and throwing challenges. Encourage children to try each station, move safely between activities, and celebrate effort. **PROGRESSION:** Add relay races between stations.

EYFS Link: Physical Development – Coordination, stamina, and movement control. PSED – Motivation and teamwork. Mathematics – Counting laps or scores.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Wide obstacle spaces first.

#### TASK

Simple movements before full obstacle courses.

#### EQUIPMENT

Hurdles, hoops, benches, beanbags.

#### PEOPLE

Independent work before team races.

### Cooldown

**STRETCH SAFARI:** Children pretend to be safari animals stretching after a long adventure. Encourage children to stretch tall like giraffes, curl small like hedgehogs, and flap like birds whilst breathing slowly and calmly. **PROGRESSION:** Allow children to invent their own stretch animal.

EYFS Link: Physical Development – Flexibility and relaxation. PSED – Calm focus and self-regulation. Expressive Arts & Design – Imaginative movement.

**Lesson Objective** To be able to jump forwards for distance and land safely.

**Lesson 4/6**

**Equipment Needed** Markers, hoops, cones, floor spots, mats.

**Success Criteria** Children can:

- jump forwards with two feet.
- land safely and balance.
- bend knees when jumping.
- try to improve their jumps.

### EDSTART KNOW

- I can say how to bend my knees.
- I can tell why I land on two feet.
- I can remember different jumps.

### EDSTART GO

- I can jump forwards.
- I can land safely.
- I can balance after jumping.

### EDSTART SHOW

- I can clap for my friends.
- I can watch safely.
- I can keep trying.

### Warm Up

**JUMP THE RIVER:** Children jump over pretend rivers marked with lines or cones around the play area. Encourage children to use two feet, swing their arms, and land carefully whilst balancing after each jump. **PROGRESSION:** Make the rivers wider.

EYFS Link: Physical Development – Jumping and landing safely. PSED – Confidence and perseverance. Communication & Language – Listening to instructions.

### Main Activity

**FROG JUMPS:** Children pretend to be frogs jumping between lily pads placed around the play area. Encourage children to bend their knees, use their arms, and land softly on two feet each time. **PROGRESSION:** Increase the gaps between lily pads.

EYFS Link: Physical Development – Power, balance, and coordination. Expressive Arts & Design – Imaginative movement. PSED – Confidence and resilience

#### SPACE JUMPS

Children jump forwards from one spot marker to another whilst trying to travel as far as possible. Encourage children to keep balanced after landing and celebrate their improvements. **PROGRESSION:** Add jump patterns such as two small jumps followed by one big jump.

EYFS Link: Physical Development – Jumping and body control. Mathematics – Comparing distances. Communication & Language – Following instructions.

#### JUNGLE TRAIL

Children move around a jungle-themed obstacle trail including jumping, balancing, and stepping activities. Encourage children to travel carefully and support others whilst exploring different movements. **PROGRESSION:** Add animal movement challenges.

EYFS Link: Physical Development – Coordination and agility. PSED – Cooperation and awareness of others. Expressive Arts & Design – Imaginative play.

#### LONG JUMP CHALLENGE

Children take turns completing standing long jumps and seeing if they can beat their previous jump. Encourage children to bend knees, swing arms, and land with control. **PROGRESSION:** Add target lines to jump over.

EYFS Link: Physical Development – Strength and jumping skills. Mathematics – Measuring and comparing distance. PSED – Perseverance and self-confidence.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Close markers first, wider gaps later.

#### TASK

Small jumps first, then larger jumps.

#### EQUIPMENT

Spots, cones, lines, sand or mats.

#### PEOPLE

Pairs first, then small groups.

### Cooldown

**JUNGLE STRETCH:** Children slowly stretch their bodies pretending to wake up like jungle animals. Encourage children to stretch tall, curl small, and move calmly whilst taking deep breaths and relaxing after the activities. **PROGRESSION:** Add calming animal sounds during stretches.

EYFS Link: Physical Development – Flexibility and body awareness. PSED – Relaxation and calm focus. Expressive Arts & Design – Exploring movement creatively.

**Lesson Objective** To be able to race in teams and follow relay instructions.

**Lesson 5/6**

**Equipment Needed** Cones, beanbags, relay batons, hoops.

**Success Criteria** Children can:

- race in teams.
- pass equipment safely.
- follow relay rules.
- take turns fairly.

### EDSTART KNOW

- I can say what a relay is.
- I can tell why we pass the baton.
- I can remember where to run.

### EDSTART GO

- I can run in a relay race.
- I can pass equipment safely.
- I can race with my team.

### EDSTART SHOW

- I can cheer for my team.
- I can wait for my turn.
- I can play fairly.

### Warm Up

**COACH COMMANDS:** Children move around the area listening carefully to movement commands such as hop, jump, skip, freeze, or twist. Encourage children to react quickly, move safely, and balance during each movement challenge. **PROGRESSION:** Allow children to create movement commands.

EYFS Link: Physical Development – Coordination and balance. Communication & Language – Listening and responding to instructions. PSED – Confidence and focus.

### Main Activity

**GREAT CLEAN UP:** Equipment is scattered around the hall and children race in teams to collect one item at a time and return it to their team hoop. Encourage teamwork, sharing, and safe running during the activity. **PROGRESSION:** Add obstacles or movement challenges.

EYFS Link: Physical Development – Speed and agility. PSED – Teamwork and cooperation. Mathematics – Counting collected items.

**LIGHTNING RELAY:** Children race in relay teams carrying a beanbag or baton before passing it safely to the next runner. Encourage children to wait behind the line and cheer for teammates during the race. **PROGRESSION:** Change the movement type during the relay.

EYFS Link: Physical Development – Running and coordination. PSED – Turn-taking and encouragement. Communication & Language – Listening to instructions.

**CORNER DASH:** Children run between cones placed around a square before passing a baton to the next teammate. Encourage children to stay in their lanes and stop safely after finishing. **PROGRESSION:** Add hopping or side stepping between cones.

EYFS Link: Physical Development – Agility and directional awareness. PSED – Confidence and perseverance. Mathematics – Exploring space and position.

**TEAM CHALLENGE:** Children work in small groups completing relay challenges involving carrying, balancing, and moving equipment safely. Encourage teamwork, communication, and helping others throughout the activities. **PROGRESSION:** Add timed team challenges.

EYFS Link: PSED – Teamwork and cooperation. Physical Development – Balance and movement skills. Communication & Language – Working together.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Short relay tracks first.

#### TASK

Run without equipment first.

#### EQUIPMENT

Batons, beanbags, cones.

#### PEOPLE

Small teams of 3–4.

### Cooldown

**STRETCH AND BREATHE:** Children slowly walk around the play area before stretching their arms high and bending down low. Encourage children to take deep breaths and talk about how they helped their team during the lesson. **PROGRESSION:** Add calming breathing games.

EYFS Link: Physical Development – Relaxation and flexibility. PSED – Reflection and self-regulation. Communication & Language – Talking about experiences.

**Lesson Objective** To be able to take part in a Nursery Sports Day using the skills learnt.

**Lesson 6/6**

**Equipment Needed** Cones, beanbags, hoops, balls, relay batons.

**Success Criteria** Children can:

- take part in different events.
- use running, jumping, and throwing skills.
- follow rules safely.
- celebrate effort and teamwork.

### EDSTART KNOW

- I can say the names of events.
- I can tell how to try my best.
- I can remember the rules.

### EDSTART GO

- I can run in races.
- I can jump and throw.
- I can move between stations.

### EDSTART SHOW

- I can cheer for everyone.
- I can play kindly.
- I can celebrate at the end.

### Warm Up

**TEAM CLEAN UP:** Children work in teams collecting scattered equipment and returning it to their team base. Encourage children to move safely, share equipment, and communicate with teammates whilst completing the challenge. **PROGRESSION:** Add different travelling movements such as hopping or balancing.

EYFS Link: Physical Development – Agility and coordination. PSED – Cooperation and teamwork. Communication & Language – Listening and responding.

### Main Activity

**CHAMPION CIRCUIT:** Children rotate around sports day stations including running races, jumping challenges, balancing activities, and throwing games. Encourage children to try each station, support others, and celebrate effort throughout the circuit. **PROGRESSION:** Add team scoring or relay events.

EYFS Link: Physical Development – Strength, balance, and coordination. Mathematics – Counting scores and comparing results. PSED – Confidence and resilience.

**MINI SPORTS DAY EVENTS:** Children take part in simple sports day activities including sprint races, beanbag throws, obstacle races, and jumping challenges. Encourage children to follow instructions, wait safely for turns, and enjoy taking part in all events. **PROGRESSION:** Add partner coaching and encouragement.

EYFS Link: Physical Development – Gross motor skills and movement control. PSED – Perseverance and celebrating others. Communication & Language – Listening to instructions.

**TEAM RELAY FINALE:** Children work together in teams completing relay races whilst passing batons or beanbags safely between runners. Encourage cheering, teamwork, and celebrating effort rather than winning. **PROGRESSION:** Add movement challenges between relay sections.

EYFS Link: PSED – Teamwork and cooperation. Physical Development – Running and coordination. Communication & Language – Working with others.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Large stations first.

#### TASK

One event at a time before full circuits.

#### EQUIPMENT

Cones, hoops, beanbags, batons.

#### PEOPLE

Pairs first, then teams.

### Cooldown

**CELEBRATION STRETCH:** Children stand in a circle completing calm stretches whilst talking about their favourite activity from Sports Day. Encourage children to stretch tall, bend slowly, and take deep breaths whilst relaxing after the events. Finish with a big team cheer together. **PROGRESSION:** Add calming music during the stretches.

EYFS Link: Physical Development – Flexibility and relaxation. PSED – Reflection and emotional wellbeing. Communication & Language – Talking about experiences and achievements.