

PE

Locomotion Jumping 1 FS2

<p>Sticky skills</p> <p>Basic movements Teamwork</p>		<p>Key vocabulary FS2</p> <p>Walking: is a method of moving at a regular pace by lifting and placing down each foot in turn, never having both feet off the ground at once.</p> <p>Marching: is a method of moving in either a rhythmic or a route-step time. Marching is normal associated with the military and requires controlled and disciplined movements. Change of direction: means to change the pathway that we are orienting in. Space: is an open area on the pitch that is unoccupied by another pupil or a defender.</p> <p>Speed: is the ability to move parts of the body as quickly or as slowly as possible.</p> <p>Tag: is the method applied by the defender to stop an attacker from moving.</p> <p>Jumping: is a form of moving where we use our body to propel ourselves off a surface and into the air.</p> <p>Space: is an open area within the playing area that is unoccupied by a defender or the defending team. When jumping we need to identify open spaces to jump into to avoid other pupils.</p>	
<p>Learning Journey</p> <p>FS2</p> <p>Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping</p> <p style="text-align: center;">↓</p> <p>Year 1</p> <p>Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running</p>			
<p>Cognitive</p> <p>Pupils will develop an understanding of why we move into space as they explore moving and walking.</p>		<p>Social</p> <p>Pupils will develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.</p>	
		<p>Wellness</p> <p>Pupils will develop their own self belief as they move and travel with confidence.</p>	
	<p>Learning Objective / Focus</p>		<p>Lesson Sequence Outline</p>
<p>FS2</p>	<p>Session 1: LO: to explore jumping in a variety of ways. Focus: Explore jumping</p> <p>Session 2: LO: to begin to jump efficiently. Focus: Develop jumping</p> <p>Session 3: LO: to develop their jumping technique applying it into a game. Focus: Apply jumping into a game</p> <p>Session 4: LO: to explore jumping for distance. Focus: Jumping for distance</p> <p>Session 5: LO: to explore jumping for height. Focus: Explore jumping high</p> <p>Session 6: LO: to explore hopping in a variety of ways; in different directions, at different speeds and different levels. Focus: Explore hopping</p>		<p>Overview: The unit of work will explore jumping, in different directions, at different speeds, different levels, heights and distances. Pupils will learn how and why we jump, using our head, arms and feet, applying the basic jumping technique.</p> <p>Physical: Pupils will develop their ability to jump and land safely. Pupils will adjust their speed and change direction as they jump in order to avoid the defenders.</p> <p><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>
<p>Below</p>		<p>End of unit assessment Met</p>	
		<p>Exceeding</p>	

