**P.E. LESSON 1 (30 minutes)**

**Movement and under-arm throwing**

* This can be undertaken in a garden/back yard or inside
* **warm up** with basic stretches and movements and light jog around.
* **Traffic lights.** Child can run in any direction when you shout green. When you shout red, they must stop. If this is proving difficult simply adjust call to go and stop.
* Children to be introduced to the ‘under- arm throw’
* Model the technique to the children and focus on having both arms under the ball and throwing the ball in the air
* Children to attempt to throw the ball, initially with assistance and then independently
* Progress to children attempting to throw the ball, with an under-arm technique, into a hula hoop that is placed on the ground in front of them

If ball is proving too difficult then substitute with a bean bag/tennis ball/soft object.

Catching. Children to progress to attempt to catch the ball or object.

Focus on:

 1. child maintaining eye contact

 2. child using two hands to catch

 3.child placing arms under ball/object to catch

 4. pulling the ball/object into their body to secure it.

Repeat technique several times and gauge when child is tired and may need a drink or rest.

**Cool Down.** Some light stretching and light jog reducing to walking pace.

**P.E. Lesson 2 (30 minutes)**

**Movement and Running**

**Warm up** with basic stretches and movements and light jog around the area to be used.

**Movement**

begin to develop work with child following a leader (the person taking the session) while imitating his/her movements.

Model different types of movements. For example, running back and forward between cones, running to different coloured cones or jumping/hopping between cones.

The child to have an opportunity to be a leader in movement and as follower in movement.

**Running**

Place 3 cones or any objects 5 metres apart or, if you have room, 7 metres apart



 ---------- 5 metres--------- ---------- 5 metres-------------

**Set 1**

Child runs from first cone to third cone and back 3 times

**Set 2**

Child runs from first cone to second cone and back then to third cone and back 3 times

**Set 3**

Child hops from first cone to second cone then runs to the third cone and runs back to the first cone 3 times

**Set 4**

Child runs from first cone to second cone then runs backwards to the first cone then runs to the third cone and back

**Cool Down**

* Child runs to the third cone and carries it back to the start.
* They then run to the second cone and carry it back to thr start.
* Light stretching followed by a light jog then walk.