



EYFS

Introduction to PE : Unit 1

Scheme of Work

Introduction

In this unit, children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'. They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities, which will develop fundamental movement skills such as running, jumping, skipping.

Key Skills

- Physical: moving safely, running, jumping, throwing, catching, following a path
- Social: sharing, leadership
- Emotional: perseverance, confidence
- Thinking: decision making, selecting and applying actions

Learning Objective

LESSON 1	Theme: witches and wizards To move safely and sensibly in a space with consideration of others.
LESSON 2	Theme: pirates To develop moving safely and stopping with control.
LESSON 3	Theme: mythical creatures To use equipment safely and responsibly.
LESSON 4	Theme: to the castle To use different travelling actions whilst following a path.
LESSON 5	Theme: superheroes To work with others co-operatively and play as a group.
LESSON 6	Theme: monsters To follow, copy and lead a partner.

Assessment Criteria

NURSERY

- I am beginning to demonstrate balance.
- I am beginning to negotiate space safely.
- I am beginning to take turns with others.
- I can explore movement skills.
- I can make guided choices.
- I follow instructions with support.

RECEPTION

- I can demonstrate balance.
- I can make independent choices.
- I can negotiate space safely with consideration for myself and others.
- I follow instructions involving several ideas or actions.
- I play co-operatively and take turns with others.
- I use movement skills with developing balance and co-ordination.

Links to the National Curriculum

LITERACY

- Listening and following instructions
- Expressing ideas
- Communicating with others

MATHS

- Counting numbers in games
- Travelling in different directions

COMMUNICATION AND LANGUAGE

- Learning vocabulary – balance, stillness, muscle, body parts, direction, target
- Commenting on their own performance

PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

- Working with a partner
- Understanding how to move safely around others and in different spaces

EXPRESSIVE ARTS AND DESIGN

- Exploring and understanding how to move safely as an individual

Health and Safety

Encourage the children to always move around safely and with control. Promote a good awareness of others and items in the teaching space.