

Example Lesson Plan – Week 1

Focus: Travel & Locomotor Skills



LEARNING INTENTION:

To explore different ways of travelling and changing direction using Fundamental Movement Skills.



SUCCESS CRITERIA:

- I can travel in different ways with control.
- I can start, stop and change direction safely.
- I can take part and have fun.

PART OF LESSON	TIME	ACTIVITY / EXAMPLE	TEACHING POINTS	EQUIPMENT
1. PULSE RAISER WARM UP 	5 mins	Animal Adventure Children choose an animal card and move around the space like that animal. Teacher calls out signals: • GO – keep moving • STOP – freeze • TURN – change direction	• Encourage big movements. • Listen for the signals. • Change direction safely.	Animal picture cards, cones to mark space
2. FUNDAMENTAL MOVEMENT SKILLS FOCUS 	10 mins	Travel Challenges Children explore different ways of travelling around the space. Try: walk, run, hop, jump, side-step, skip, gallop, slide. Add challenges: • Follow a path (lines/hoops). • Go over, under or around equipment. • Change speed (slow / fast).	• Use arms and legs. • Look where you are going. • Keep control and balance. • Start, stop and change direction safely.	Cones, hoops, spot markers, balance beans
3. GAME TO PLAY 	10 mins	Traffic Lights Children travel around the space. • Green = GO (travel) • Amber = SLOW (small steps) • Red = STOP (freeze) • Blue = TURN (change direction) Add fun calls like beep beep!	• Listen for the colour. • React quickly. • Change direction safely. • Keep space from others.	Traffic light cards or cones in 4 colours
4. FREE PLAY 	10 mins	Choice Stations Children choose a station to explore and play. Examples: • Obstacle pathway • Hoops challenge • Target throw • Open space for movement games Encourage children to create their own ideas and games.	• Make good choices. • Include others. • Be creative and safe. • Use equipment responsibly.	Variety of equipment set out in stations
5. COOL DOWN / RELAXATION 	5 mins	Calm Walk & Stretch Slow walk around the space. Gentle stretches: • Reach up high • Touch toes • Twist side to side • Big breath in, breathe out	• Move slowly. • Breathe calmly. • Relax your body.	None
6. PLENARY 	5 mins	Chat & Review Sit in a circle. • What did you enjoy most? • What was tricky? • Show me your favourite way of moving.	• Listen to others. • Share ideas. • Celebrate effort.	None



NOTES / NEXT STEPS
