

Example Lesson Plan – Week 2

Focus: Moving in and out of space safely in your own space bubble



LEARNING INTENTION:

To explore moving safely in and out of my own space bubble with awareness and control.



SUCCESS CRITERIA:

- I can stay in my own space without touching others.
- I can move in and out of space safely and with control.
- I can react to instructions and move at different speeds.

PART OF LESSON	TIME	ACTIVITY / EXAMPLE	TEACHING POINTS	EQUIPMENT
1. PULSE RAISER WARM UP 	5 mins	Space Bubble Explorer Children move around the space in their own bubble without touching others. Teacher gives movement calls: - Tiptoe, walk, jog, gallop - Go high, go low - Change direction - Freeze in your bubble	- Stay in your own bubble. - Look where you are going. - Change speed and direction safely. - Listen for the signals.	No equipment needed
2. FUNDAMENTAL MOVEMENT SKILLS FOCUS 	10 mins	In and Out of My Bubble Children practise moving in and out of their own space in different ways. Try: step in/step out, jump in/jump out, turn in/turn out, side step in/out, roll in/out, stretch in/out. Add a challenge: - In and out 3 times - Move in – turn – move out - Change level as you move	- Know the size of your bubble. - Control your body. - Move in and out safely. - Keep others in their bubble.	Spot markers or floor spots (one per child)
3. GAME TO PLAY 	10 mins	Bubble Poppers Children have a space bubble and move around the area. Some children are the Bubble Poppers (they try to pop others' bubbles by gently tagging them below the waist). If your bubble is popped, you must go to a hoop (re-inflation station) and blow 5 times to re-inflate your bubble, then return to play. Change Bubble Poppers regularly.	- Keep moving in your bubble. - Look and avoid the Bubble Poppers. - If popped, go to a hoop and blow 5 times. - Return to the game safely.	Hoops (one per re-inflation station) Whistles or noisemakers (optional)
4. FREE PLAY 	10 mins	Choice Stations Children choose a station to explore and play. Examples: - Movement pathway (in/out challenges) - Throw and catch in your bubble - Balance and freeze zones - Create your own space bubble game Encourage children to use space safely and include others.	- 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 Breathing & Stretch Children spread out in their bubbles. - Slow breathing – in for 3, out for 3 - Reach up high and stretch - Gentle side bends - Forward fold and relax - Lie down and close your eyes	- Move slowly. - Breathe calmly. - Relax your body.	None
6. PLENARY 	5 mins	Chat & Review Sit in a circle. - What did you enjoy most today? - How did you make sure you stayed in your bubble? - What was tricky? - Show me one way you moved in and out safely.	- Listen to others. - Share ideas. - Celebrate effort.	None



NOTES / NEXT STEPS
