

Example Lesson Plan – Week 3

Focus: Moving co-operatively with a partner or small group



LEARNING INTENTION:

To explore and practise moving co-operatively with a partner or small group.



SUCCESS CRITERIA:

- I can work with a partner or group to complete activities.
- I can communicate and take turns.
- I can show care and respect for others.

PART OF LESSON	TIME	ACTIVITY / EXAMPLE	TEACHING POINTS	EQUIPMENT
1. PULSE RAISER WARM UP 	5 mins	Move Together Warm Up In pairs or small groups, move around the space in different ways. On the teacher's signal they move on: • Different parts of their feet – heels, toes, sides, balls • Different body parts – bottom, back, hands, knees • In different ways – crawling, sliding on back, hopping, tiptoeing, walking.	• Listen and look for the signal. • Move safely in the space. • Try different ways of moving. • Encourage and include others.	None needed
2. FUNDAMENTAL MOVEMENT SKILLS FOCUS 	10 mins	Moving Around the Hall with a Partner In pairs, children travel around the hall together using different ways. • Tractor and trailer (one leads, one follows behind) • Side by side • Mirror image (face your partner and copy their movements) Change roles and repeat.	• Stay close and aware of your partner. • Communicate and take turns. • Move safely and carefully. • Encourage each other.	None needed
3. GAME TO PLAY 	10 mins	Build Up Tag Play tag in pairs or small groups. • One child is 'it'. • When they tag someone, they hold hands and tag together to build a chain. • Keep going until everyone is caught! • Change 'it' and start again.	• Tag safely. • Work together with your partner or group. • Include everyone. • Play fairly and have fun.	None needed
4. FREE PLAY 	10 mins	Free Play Stations Children choose a station to explore and play co-operatively. • Cross the river with lily pads – on your own or with a partner or small group for more challenge. • Horse and carriage – work together with a hoop. • Hoop trains – hold hoops and move around the hall in a train with a partner or small group.	• 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 needed
6. PLENARY 	5 mins	Chat & Review Sit in a circle. • What activities did you enjoy most today? • How did you work together? • What did you do to help your group? • How did we show care and respect?	• Listen to others. • Share ideas. • Celebrate effort.	None needed



NOTES / NEXT STEPS
