Year 3 & 4 Enhanced PE Curriculum

**W/B Mon 8th March 2021 – Easter Holidays.**

**Aim: To provide pupils with fun and engaging PE lesson which enables them, on their return to school to specifically focus on: working safely, following instructions, team work, communication and social skills.**

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| **Week** | **Lesson Content** | **PSHE Focus questions** |
| **1** | **Warm up**  Fundamental movement skills: jogging, jogging backwards, side steps, high knees, hopping, jumping, hop scotch, heel flicks etc.  **Content**   1. Relay activities in teams of 4. Jogging, collecting cones, obstacle courses. More the winning team further apart each time. 2. Dishes and Domes (If you have 2 members of staff, create two smaller games and turn this into a tournament where each team plays each other).   **Plenary**  Q&A, Pair and Share  What did your team do well? Why did you do it well? Who do you think worked really well in your team? Why? How do we win and lose with grace and respect? | **Introducing physical activity and creating a safe space**  **Key Questions**  • What does physical activity mean? • What types of activities are physical? • How much exercise do you think you should do each day/each week?  **Key Messages**  Children and young people should: • Aim for an average of at least 60 minutes of physical activity a day across the week. • Take part in a variety of physical activities across the week to strengthen your muscles and bones. • Reduce the time spent sitting or lying down and break up long periods of not moving with some activity. • All activities should make you breathe faster and feel warmer. |
| **2** | **Warm up**  Everyone in a space, working on the spot. Teacher to call individual skills; jogging, star jumps, spotty dogs, burpees, high knees, hop scotch etc. Progress this into ‘Simon says…..’  **Content**   1. Rob the Nest. Teacher splits class into 4 teams. Three progressions: A) everything is worth one point. B) Different points for different items. C) Able to Rob another teams nest once all the equipment in the middle has been collected. NON-CONTACT, ONLY 1 PERSON CAN RUN AT A TIME FROM EACH TEAM, ONLY 1 ITEM AT A TIME! 2. Duck, duck, goose. Split the class into 4 groups, then join to make 2 groups and eventually 1 large group.   **Plenary**  Q&A, Pair and Share  What did your team do well? Why did you do it well? Who do you think worked really well in your team? Why? How do we win and lose with grace and respect?  **Teacher to identify what positive behaviours they observed.** | **What sort of activity should we be doing?**  **Key Questions**  • What are the 3 categories for physical activity? (light, moderate, intense) • What do you think we mean by moderate activity? • What does intensity mean? • Which physical activities have you done this week? • Which category did they fall into?  **Key Messages**  • Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer. • One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing. |
| **3** | **Warm up**  Working in a specific space (third of a netball court).  Two players who are ‘it’ have soft balls (THESE HAVE SUPER POWERS and can freeze people to the spot in a star shape when tapped on their shoulder). To be released, other players can run underneath both players arms. HAVE A FEW ROUNDS; Change the children that are ‘it’. Emphasise the use of vision and eyes – no one should be running into anyone else.  **Content**   1. Throwing and catching a netball. 1 ball per group of 4.   In a square, pass the ball around the outside. If teacher shouts ‘change’, the ball changes direction. Introduce a bounce pass.   1. Relay style (pass and follow); passing and catching in their groups. Let them have a few goes, discuss what makes it successful and what does not. Then introduce some competition – first team to 5 passes, first team to 10 passes etc. Move successful teams back to increase difficulty levels. 2. In a small area (mark with cones). Piggy (defender) in the middle. The person who is in the middle will need to wear a bib. Aim for the team is to make 5, 8 or 10 consecutive passes (depends on ability of groups) without dropping the ball or the defender tipping it or intercepting it, pupils must make the pass and then MOVE! ROTATE around. Watch demonstrations. Talk about using space and teamwork.   **Plenary**  Q&A, Pair and Share  What did we learn today? Key rules? Who do you think worked really well in your team? Why?  **Teacher to inform them how we will use this moving forward.**  **Teacher to identify what positive behaviours they observed.** | **Why is physical activity so important?**  **Activity**  • Ask the children to think about why physical activity is so important. • Initially they may focus on the health benefits.  \* Builds confidence \*social skills \*Improves concentration \* Improves co-ordination  \*Improves sleep \*Helps maintain a healthy weight \*Makes you feel good • Take suggestions from the children. Key Questions • What do you think are the benefits of physical activity? • Are there any beyond just our health?  **Key Messages**  • Physical activity is important for our physical health however it also supports our wellbeing. Taking part in physical activities can help build friendships and connect us with other people. |
| **4** | **Warm up**  Split the group into 6 or 8 teams. Choose a leader in each team to lead their team in a warm-up. Remind them of pulse raining activities they can do.  **Content**   1. One ball in each team, practice throwing and catching, relay style. 2. 4v4 game. Use a third of the netball court as a pitch. To score, the team have to catch the ball on the opposing the line (the line they are shooting at). Netball RULES. 3. Do 5 / 6 minute games, rotate teams to play other teams. FOCUS) Teamwork – what is it? How can it help in activities?   **Plenary**  Q&A) Key rules? Strategies your team used? How did your team feel when you won or lost? What did you do well to allow you to work together as a team? | **Summary**  • Recap the main messages from the lesson.  • We all need regular physical activity to keep us healthy.  • Physical activity also has other benefits.  • Children should have 60 minutes of physical activity per day.  • Activity is either light, moderate or intensive. • Physical activity makes us feel better due to endorphins |