

Monday 1st February
Physical Development (PE)
Theme: Under the Sea

Learning objective:
To develop rocking and rolling

Success criteria

- Squeeze your muscles to help keep your shape
 - Stay in your shape during your roll

This lesson **does not** need to be printed and can be completed as a family!

Any pictures can be viewed on a screen.

Equipment: none

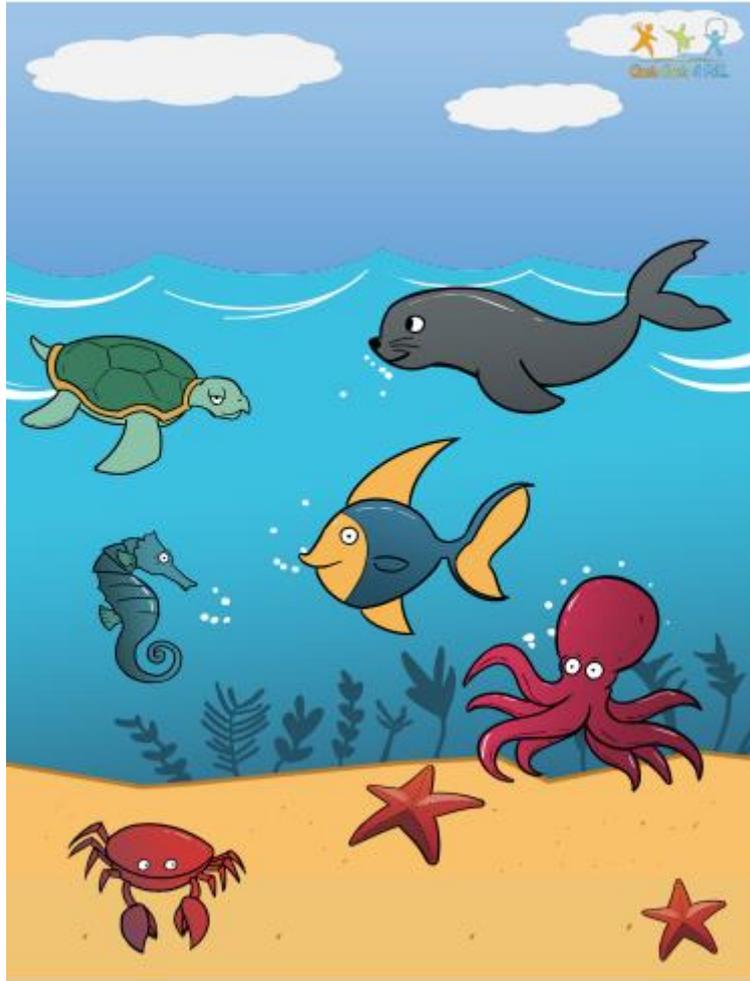
Safety- ensure you have a safe space. Move any furniture out of the way. **Today we are learning different rolls so a clear carpeted area would be safest.**

Warm up and introduction (10 minutes)

Under the sea:

Today we are going to explore animals that live under the sea. Talk about the different animals that you might see if you were to go diving under the sea.

Look at the below picture once you have discussed this and identify the different creatures.



Stand in a space, ask your child to travel around the space. When you say “shark” your child will need to sit in a tuck shape until you say “pew, the sharks gone”



Tuck

- Knees together
- Back straight
- Roll shoulders down away from ears

Try moving around the space in the following ways, remembering to give the instruction of ‘shark’ and ‘pew, the sharks gone’:

- Crabs - travel around on hands and feet, tummy up



- Octopus - stand on the spot and float arms side to side
- Fishes - swim around the teaching space avoiding others
- Seahorse - gallop
- Star fish - hold a star shape

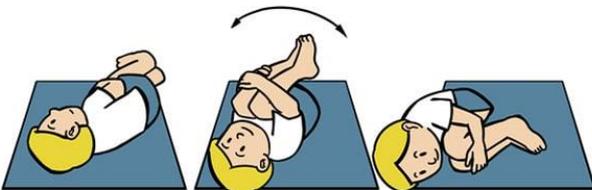
Skill Development (25 minutes approx)

Rocking sea turtles:

Ask your child to imagine that they are sea turtles with a hard shell on their back, while they are sat in a space

A Ask your child to lie on their back hugging their knees to their chest. Can they rock side to side in their shape across their shell?.

Keep your hands on your shins and stay squeezed in that shape.



B Ask your child to sit on their bottom, can they rock backwards on to their shell (back) and then sit back up to their bottom? Can they do it three times in a row?

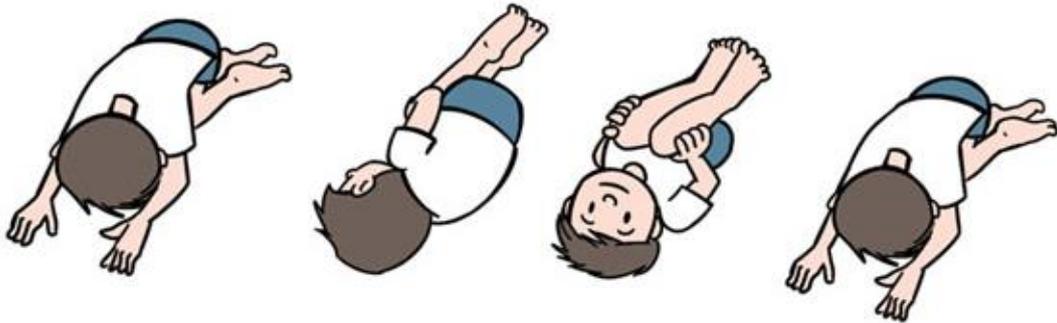


Rolling turtles, barrel roll:

Practise a barrel roll from one end of space to the other (see picture below for guidance). Ask your child to imagine that they are a sea turtle rolling from one side of the ocean to the other.

Start on your shins with your bottom touching your heels. Hands and elbows are touching the floor with your elbows next to your knees and your chest bent down on top of your thighs.

Keep this shape throughout by squeezing your muscles.

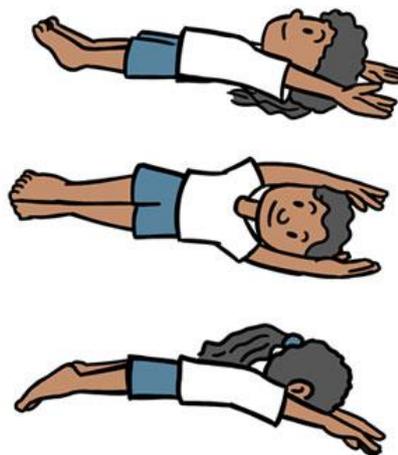


Rolling seals, straight roll:

Explain to your child that when seals swim in the water they roll as they move about. This time children are going to imagine that they are seals as they practise a straight roll (see picture below for guidance).

Practise a straight roll from one end of the space to the other.

Start on your stomach, arms above head and knees/ankles together. Squeeze your muscles to help you to stay in the straight shape.



Plenary (approx. 5 minutes)

Talk about the different rolls that they have learnt.

Which one did they find easiest?

What did you have to remember to help you to roll?

Parent note: rocking, squeezing your muscles to stay in the correct shape.