

PE

Monday 23rd November

Learning Objective

Theme: Under the sea To develop changing direction.

Success Criteria

- Bend your knee and push off in the opposite direction.
- Turn your body to face a new direction.
- Use small steps to help you to change direction.

Warm Up and Introduction

Under the sea:

Tell the children that they are going to explore under the sea. Invite the children to suggest different things that they might see under the sea and show the children the resource card, identifying the different creatures in the picture. Children begin standing in the own space. When the music plays, they travel around the teaching space in the following ways. When the music stops, the children must stop as quickly as possible.

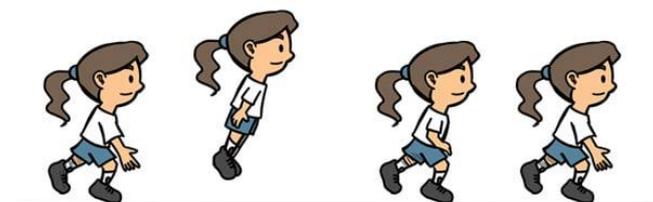
Crabs - travel around on hands and feet, tummy up



- Seaweed - stand on the spot and float arms side to side
- Fishes - swim around the teaching space avoiding others
- Seahorse - gallop

Can the children think of other creatures they might see? Take suggestions for the class to use. [Move into space away from others.](#)

[To gallop step forward with a lead leg followed by the trail leg stepping just behind. With a little jump the lead leg moves again. In galloping one foot remains the lead leg throughout.](#)



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Mins

Skill Development

Change direction:

1. **A**sk the children to swim around the teaching area like little fishes. Can they swim around the space avoiding others? *Look for the gaps in the teaching space to move into.*
2. **B**ask the children to swim around the teaching space like sharks. Can they hold their hands on their head like a fin and travel quickly? Progress the activity to the teacher calling fish or shark. Children swim slowly for fishes and quickly with their hand on their head for shark.

Turn your body to face a new direction each time you move. Make this harder by playing in a smaller space.

At the sea:

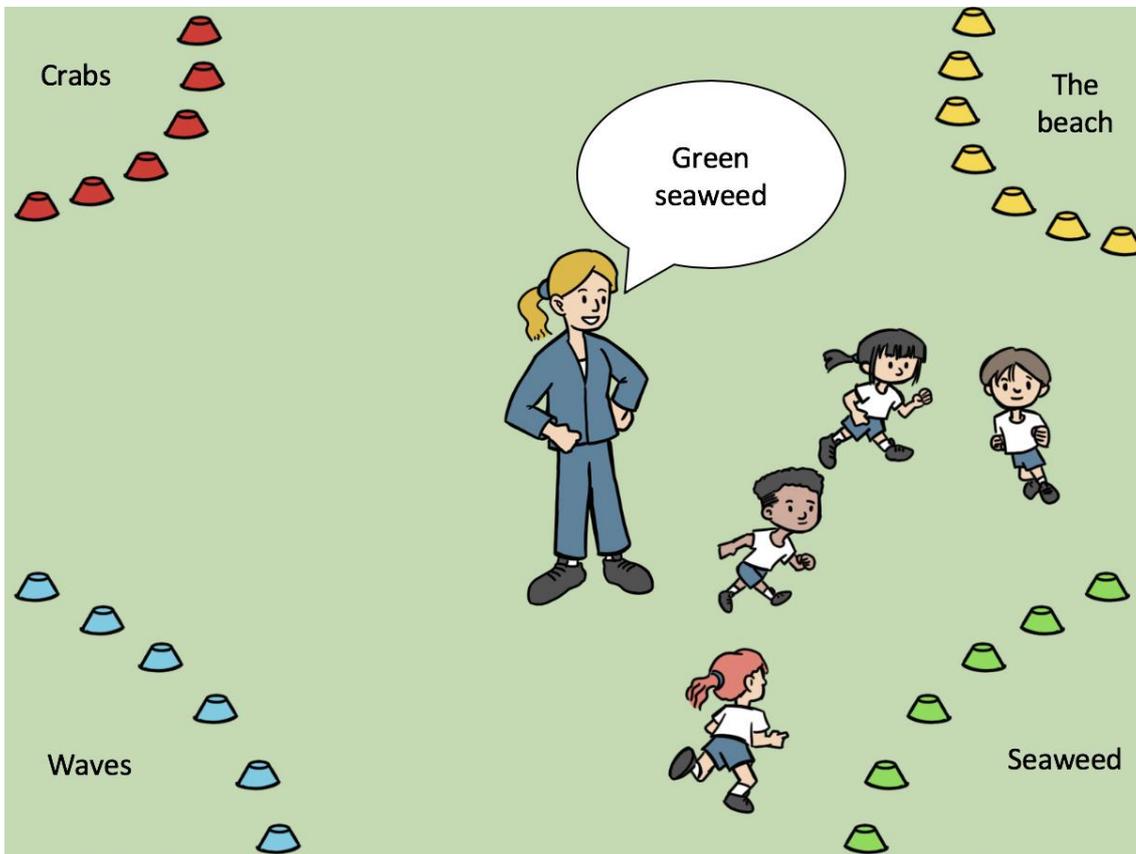
Place different coloured cones in each corner of the teaching space and name each corner.

All children jog around the middle area. When the teacher calls out a corner, the children run to that corner of the teaching space and complete the corresponding action. Progress to calling out two in a row, they must visit each of these in the order that they were called.

- Red, crabs - hold a crab shape on hands and feet, tummy up
- Yellow, the beach - lay on your back as if you are sunbathing
- Blue, waves - stand on the spot making big circles with your arms, from right to left
- Green, seaweed - stand on the spot and float arms side to side

After a few turns change the movement action in the middle to skipping, jumping, galloping etc. *Spread out and use all of the teaching space.*

Avoid others by changing direction. Bend your knee and dip your shoulder to push off in the other direction. Make this harder by reducing the space in the middle or by calling two areas that the children then need to visit in order.



Turtles and jellyfish:

Split the class into two teams. They start on different sides of the teaching area. Place several cones in the teaching area, with half of the cones pointing upwards and half of the cones pointing downwards. Assign each team either turtles or jellyfish. The turtles team must turn all of the cones over so that they are the correct way up and the jellyfish team must turn the cones over so that they are the wrong way up.

Play for a minute. On the command 'stop,' the children must hold their hands up (to stop them turning any more cones) and go back to their start line.

Count the cones with the children, which team has the most cones turned over? Repeat.

Rules:

- Cones cannot be moved from their spot.
- You cannot turn over the same cone twice in a row.

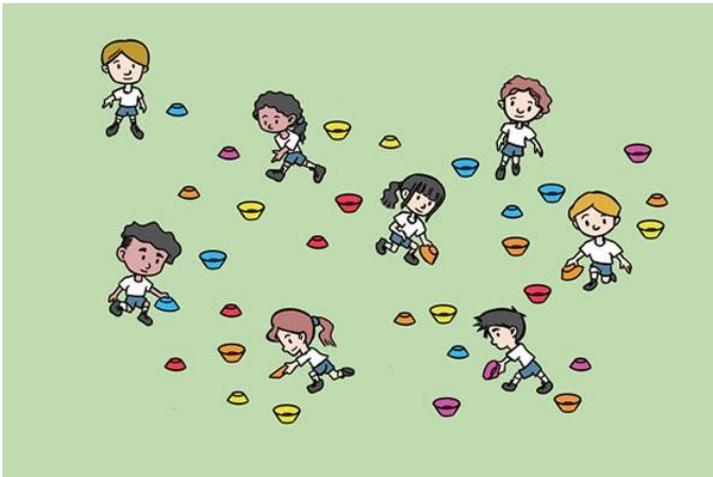
Teacher note: discuss with the children how to behave if they win or lose the challenge. Teach them how to congratulate each other regardless of result.

Encourage the children to play fairly and to use the rules.

Encourage teams to congratulate each other regardless of who won or lost.

Stay on your feet when turning the cones to be able to change direction quickly.

Bend your knee to reach low to turn the cone and push off quickly in a different direction.



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Mins

Plenary

How can you stop safely when running?

What do you need to do to change direction?

How did it make you feel when the other team said well done?

Why is it important to play to the rules?