



Foundation PE Journey

Even Cycle Spring 1 -Unit 7 Juggler – Coordination

Physical Development

Provide opportunities for the children to try rolling, throwing, catching and collecting a variety of different equipment. Discuss which equipment will be easier/harder to send and receive and why.

Challenge the children to try throwing and catching a ball with one hand (against a wall or with a partner). This will be challenging so praise the children for trying and for keeping going when they are not successful.

Personal, Social and Emotional Development

Discuss with the children how we know if we are doing something well and then ask the children to tell their partner something they did well.

Discuss how an important part of learning is listening to others' ideas and feedback. Challenge the children to listen to their partner's feedback and try what they suggest.

Communication and Language

Challenge the children to listen to their partner's instructions in order to perform their trick.

Discuss how we might give good instructions and then challenge the children to instruct their partner to do a trick they have thought of.

Key Vocabulary

roll, throw, catch, collect, feedback

Even Cycle - Autumn 1 - Unit 8 Seaside Adventure– Counter Balance

Physical Development

Encourage the children to explore jumping over the 'sandcastles' in different ways (taking off/landing on one/both feet, adding shapes to their jumps).

Discuss the different sea creatures, swimming strokes and water sports and how they might move; encourage try moving in different ways accordingly.

Personal, Social and Emotional Development

Provide opportunities for the children to watch a partner and try to copy their movements and ideas.

Build up the thematic element of the adventure and encourage the children to use their imagination to act out each activity with their friends.

Communication and Language

Introduce instructions gradually and praise/reward children for following the instructions.

Provide opportunities for the children to follow their partner, copying what they do and say.

Key Vocabulary

swimming stroke, water-skier, sun screen



Even Cycle Summer 1 - Unit 9 Bike – Coordination

Physical Development

Encourage children to move in different ways and directions and on different levels.

Explain the importance of working in a space and challenge children to stay in their own space.

Provide opportunities to balance in different ways, e.g. on their back as well as their feet.

Personal, Social and Emotional Development

Encourage the children to work with each other to act out their adventure.

Provide opportunities for the children to talk with each other about their feelings and actions as they act out the adventure.

Communication and Language

Encourage the children to listen carefully to each step of the adventure and then to do each action.

Introduce the importance of following your instructions for each activity.

Key Vocabulary

tandem, steep, swerve, puncture

Even Cycle Autumn 2 - Unit 10 Jungle – Coordination

Physical Development

Challenge children to roll and stop the ball with control in a variety of ways around their/their partner's body.

Encourage children to try a variety of different balances while they/others are rolling the ball around/through their bodies.

Personal, Social and Emotional Development

Specifically model turn taking and look for instances where this can be praised.

Challenge children to follow instructions involving several ideas and actions.

Acknowledge it is hard to try new activities and praise those who try each new activity.

Communication and Language

Model and encourage role play language throughout the adventure.

Encourage children to use present tense to explain their tricks to their friends.

Key Vocabulary

thigh, calf, hip, forearm, elbow, stomach, chest, waist



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Even Cycle Summer 1 - Unit 11 Fairy tale – Reaction Response

Physical Development

Talk about the importance of keeping our head up when moving around and then challenge the children to move around the space without bumping into anyone else.

As you introduce the different beans, encourage the children to try and move and balance as if they are the different beans.

Introduce different equipment/obstacles to represent forests, hills and rivers, then provide opportunities for the children to explore travelling under, over and around these obstacles, remembering to discuss any safety aspects.

Personal, Social and Emotional Development

Encourage the children to act out the adventure with their fellow hobgoblins and wizards, doing the activities together.

Provide opportunities for the children to talk with and listen to each other as they play.

Communication and Language

Introduce the importance of the children listening to you so they know how to become a hobgoblin and go on the adventure.

Encourage the children to use role play language when acting out looking for the magic bean.

Key Vocabulary

hobgoblin, wizard, cauldron, runner bean, frozen bean, broad bean, chilli bean

Even Cycle Autumn 1 - Unit 12 Squirrel – Agility

Physical Development

Encourage the children to explore the different movements the squirrel makes with different body parts.

Challenge the children to roll the balls carefully to their partner and for them to chase.

Discuss safety and remind the children to stay in their own space, making sure they don't bump into other 'squirrels'.

Personal, Social and Emotional Development

Provide opportunities for the children to play and explore the activities with each other.

Encourage the children to be confident and have a go at each activity.

Communication and Language

Provide opportunities for the children to talk with each other about what they are doing and what they can see.

Encourage the children to use the words they have learnt to talk about what the squirrels are doing.

Key Vocabulary

collect, roll, bounce, throw