



Foundation PE Journey

Even Cycle Summer 1 - Unit 1 Pirate – Static Balance

Physical Development

Challenge the children to try moving in lots of different ways.

Encourage the children to explore moving in different directions and on different levels.

Personal, Social and Emotional Development

Encourage the children to have a go at each new activity.

Praise and celebrate the children, e.g. through a piece of 'treasure', when they keep trying, even when they find something difficult.

Communication and Language

Introduce the importance of 'the crew' (children) following the Captain's orders.

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

When ready, challenge the children to follow instructions that have two or more actions.

Key Vocabulary

bravery, challenge, treasure

Even Cycle Summer 2 - Unit 2 Jungle – Seated Balance

Physical Development

Challenge the children to see if they can stay as still as they can while balancing on their bottom.

Talk about the importance of doing the challenges well and what success looks like, before moving on.

Where challenges involve moving equipment, encourage the children to focus on handling the equipment carefully and not rushing.

Personal, Social and Emotional Development

Encourage the children to look and listen to the other monkeys and to act out the story with them.

Introduce different emotions throughout the story and challenge the children to show these emotions through facial expressions and movements.

Communication and Language

Introduce the story to the children and that they will need to listen carefully so they can follow the instructions.

Encourage the children to use some words they have learned to talk about how they are moving. Introduce instructions (orders) gradually and praise/reward children for following the instructions.

When ready, challenge the children to follow instructions that have two or more actions.

Key Vocabulary

control, coordination, behaviour



Even Cycle Spring 2 - Unit 3 Tightrope – Static Balance

Physical Development

Encourage the children to try balancing on their tightrope in different ways at different heights.
Challenge the children to see if they can throw and catch a ball while balancing on their tightrope.

Personal, Social and Emotional Development

Encourage the children to work together to try out the different tricks and balances.
Talk with the children about why they might praise others and what they might say and do to praise others.
Provide opportunities for the children to share their ideas with the group and praise them for having the confidence to do this.

Communication and Language

Introduce the importance of following your instructions for each activity.
Introduce instructions (orders) gradually and praise/reward children for following the instructions.
When ready, challenge the children to follow instructions that have two or more actions/instructions.

Key Vocabulary

persist, pride, proud, tightrope, magician, acrobat, instrument

Even Cycle Autumn 2 - Unit 4 Cat – Static Balance

Physical Development

Challenge the children to see if they can stay as still as they can while holding their cat pose on their front and back.

When they are ready, see if they can move a cone/object on and off their back and front while maintaining balance.

Encourage the children to move around different obstacles in their cat pose.

Personal, Social and Emotional Development

Encourage the children to look and listen to the other cats and to act out the story with them.
Introduce the story and the characters within the story and encourage the children to act out the story by responding to what the characters are doing and saying.

Communication and Language

Introduce the story to the children and that they will need to listen carefully so they can follow the instructions.
Encourage the children to explore ways to use their body to act out the story as they hear what Caspar is doing.

Key Vocabulary

control, coordination



SPARKEN HILL
ACADEMY

Even Cycle Spring 1 - Unit 5 Train – Dynamic Balance

Physical Development

Encourage the children to move around like a train, lifting their knees and driving their arms.

Challenge the children to move along the train track in different directions, staying with their group.

Personal, Social and Emotional Development

Encourage the children to make train noises and act out being a train.

Provide opportunities for children to demonstrate they are able to take turns to be the train and carriage and discuss how these roles differ.

Praise and celebrate children for showing good turn taking skills.

Communication and Language

Encourage the children to use their imagination and provide opportunities throughout for them to talk about what they are doing on their train adventure.

Challenge the children to use their words to act out being the train.

Introduce the words over, under, through, round and their meaning. Challenge the children to follow instructions based on these words, praising and celebrating when they are successful.

Key Vocabulary

engine, carriage, 'a close shave'

Even Cycle Spring 2 - Unit 6 Space – Dynamic Balance to Agility

Physical Development

Encourage the children to explore different ways of moving in the rocket and on the moon.

Challenge the children to move their 'alien egg' in different ways, jumping while they do it.

Personal, Social and Emotional Development

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

Encourage children to try each new activity and praise them for having a go.

Communication and Language

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

As the children prepare for their space journey, encourage them to use their imagination and to talk about each part of their rocket and space suit.

Introduce key vocabulary and encourage the children to use these words when acting out their adventure.

Key Vocabulary

crater, gravity, astronaut