



P.E. KS1

YEAR 1&2

RESOURCE FILE

Second Edition

Authors: Helen Withers, Chris Hood, Andrew Allpass and Laura Rastall

Sub editor (second edition): Laura Rastall

Design: Antony Dickens

Published by:

LCP, Hampton House, Longfield Road, Leamington Spa, CV31 1XB

Tel: 01926 886914 **Fax:** 01926 887136 **Email:** orders@lcp.co.uk

Website: www.LCP.co.uk

First published 2014.

Copyright © LCP 2014.

Music © LCP and Andrew Allpass

Illustrations © 2014 LCP

ISBN 978-1-908913-23-4

Acknowledgments

The author and publisher would like to thank the following for the use of their work:
The children and staff at Kewstoke Primary School and Castle Batch Primary School, Weston-super-Mare
for their valuable contribution to this publication.

Cover: ©2014, Antony Dickens and LCP

Images: Creative Commons v3.0 sadmonkeydesign.com and freevectorstock.com

British Library Cataloguing-in-Publication Data

A catalogue record of this book is available from the British Library.

The author's moral rights have been asserted. All rights reserved.

Copies may be made for use in the purchasing institution only. Reproduction of or use of reproductions of any or all of the material in this pack in any institution other than the purchasing institution constitutes a copyright infringement.

Weblinks

Website addresses are provided in this book in order to give additional information sources for teachers. It is not unknown for unscrupulous individuals or organisations to place highly unsuitable materials on websites to which children might have access. It is essential that teachers check the content of websites before allowing pupils to have access to them. In addition, although we try to suggest reliable sources, websites and the individual pages within them can sometimes be removed or have their website addresses changed by their owners. LCP cannot be held responsible for other organisations' websites which are removed or changed, nor for the content of such websites.

Appendices

Introduction

Sports day

Activity sheets

Assessment



Sports day



KS1 Sports day

Advance preparation

- This sports day can be competitive or non-competitive.
 - It takes into consideration the skills and tasks learned in the six lessons in Athletic activities (1).
 - There are six events plus an optional seventh event (obstacle course) and you can have a 'drinks stop' after three events. You may need to add more events or repeat them depending on the size of your school.
-
- The events are run in small relay teams.
 - You can make up names for the events if you wish, e.g. 'beanbag pick-up'.
 - Children could bring their own (named) carton of drink and this can be put in a class crate.
 - The week before the sports day, divide each class up into four groups, e.g. red, blue, yellow and white. If teams are uneven, some children will have to run twice in certain events. Make this clear to them during the practice and on the day.
 - Ask the children to bring in a t-shirt the colour of the team they are in. Some children may be able to bring in extra t-shirts.
 - Junior children or parents could help with the placing of equipment in each event, especially where hoops are being used.
 - Try to practise the events the week before the sports day, so that the children will have a good idea of each event.
 - Practise starting the events so that the children are familiar with the starting phrase, 'Ready, steady, go'.
 - Practise finishing the events. The winning team is the first to have all its members back and sitting down with straight backs in silence. The event has finished when everyone is sitting down in their team in silence.
- If the sports day is competitive, allocate points as follows:
 - 1st = 4 points
 - 2nd = 3 points
 - 3rd = 2 points
 - 4th = 1 point
 (A scoring sheet has been provided. Fill in the colours or names of the teams in the four boxes across the top.)
 - Allow approximately five minutes per event and play music over a PA system during each one. This works well when the sports day is non-competitive. (Children just keep going for the duration of the music.)
 - If the event is competitive then tell each team to run twice. This will make each event longer and your sports day will last about an hour including drinks. Make sure that there is an adult to supervise each event.

Sports day scoring sheet

Date _____ Class _____

1st = 4 points	2nd = 3 points	3rd = 2 points	4th = 1 point
-----------------------	-----------------------	-----------------------	----------------------

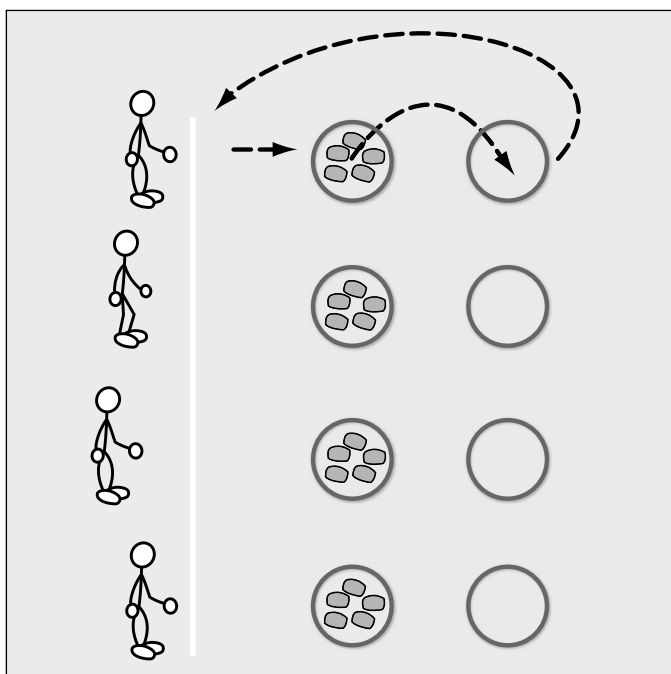
	Red	Blue	Yellow	White
Event 1				
Event 2				
Event 3				
Event 4				
Event 5				
Event 6				
Event 7				
Totals				

KS1 Sports day

Resources

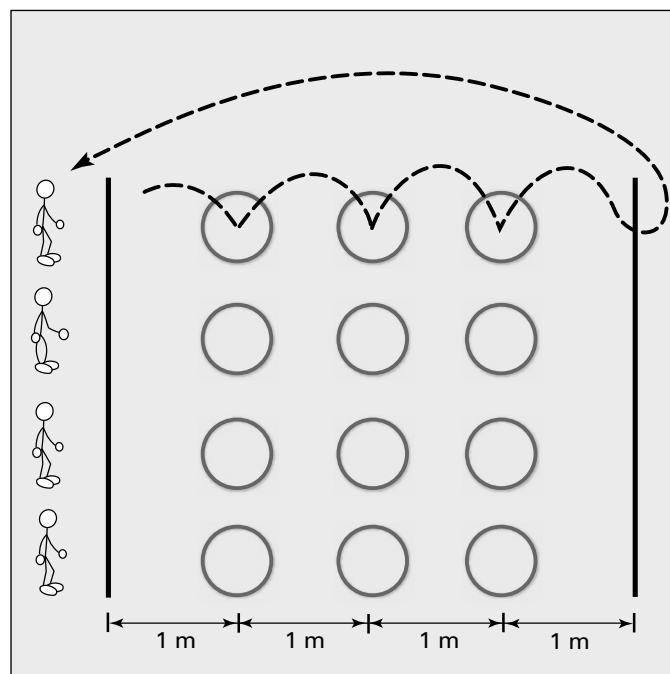
Event 1	8 hoops, 20 beanbags
Event 2	12 hoops
Event 3	4 hoops, 4 beanbags
Event 4	a 20–25 m running track with 4 painted lanes (or lanes marked out with cones)
Event 5	4 boxes or crates, 4 low-rebound balls
Event 6	4 skipping ropes, 4 cones (optional)
Event 7	(optional) 12 hoops, 4 hurdles, 4 pairs of mini stilts, 4 beanbags

Event 1



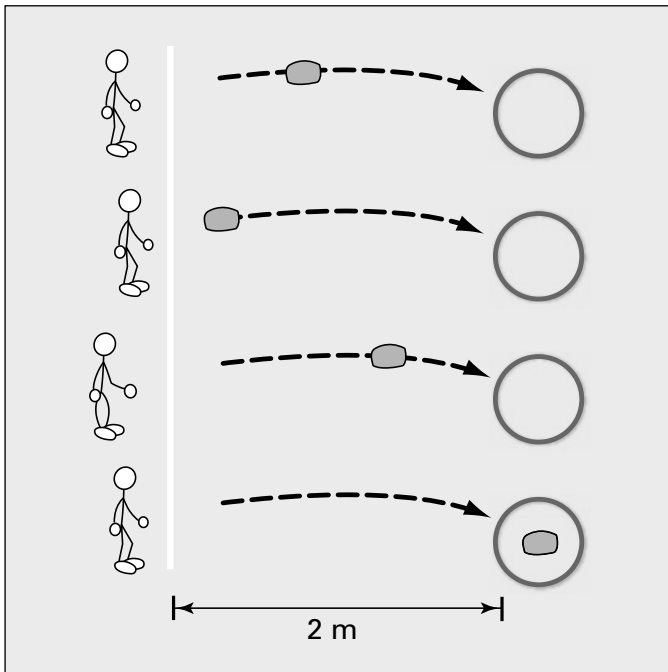
Teams line up five metres away from the hoops. The first child in the line runs to the hoops and transfers the five beanbags from one hoop to the other. They then run back and tag the next child in the line before going to the back of their team. The next child transfers the five beanbags back to the first hoop.

Event 2



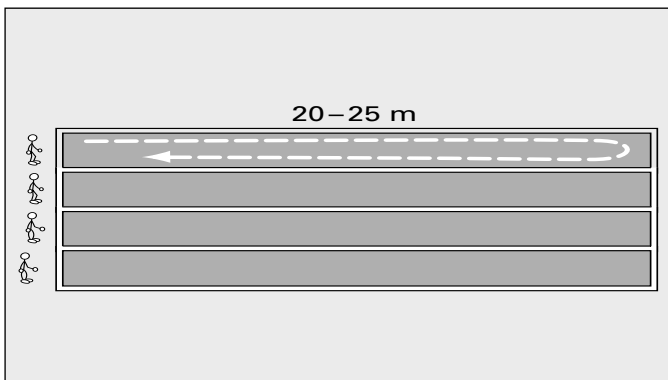
Teams line up behind rows of hoops placed one metre apart. The children take it in turns to jump in and out of the hoops with both feet together and then run back to their team.

Event 3



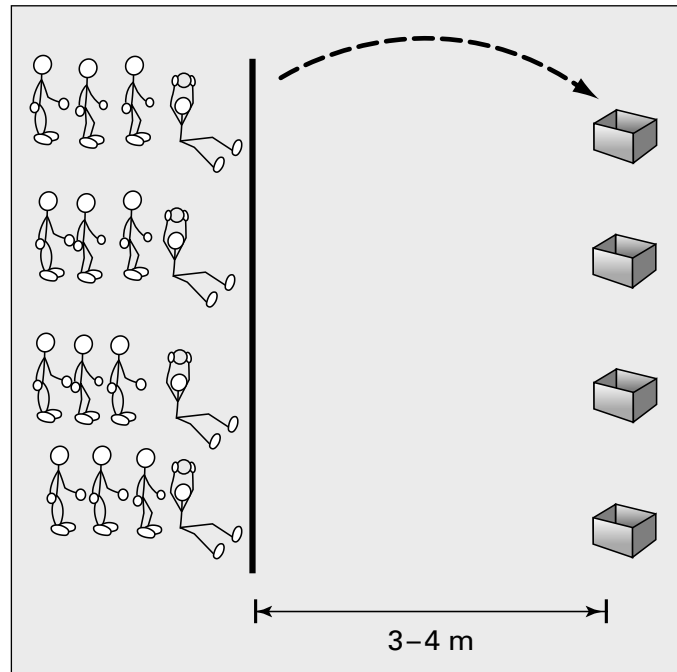
Teams line up two metres away from the hoops. The children try to throw a beanbag into the middle of the hoop, hop to retrieve it and skip back to their team.

Event 4



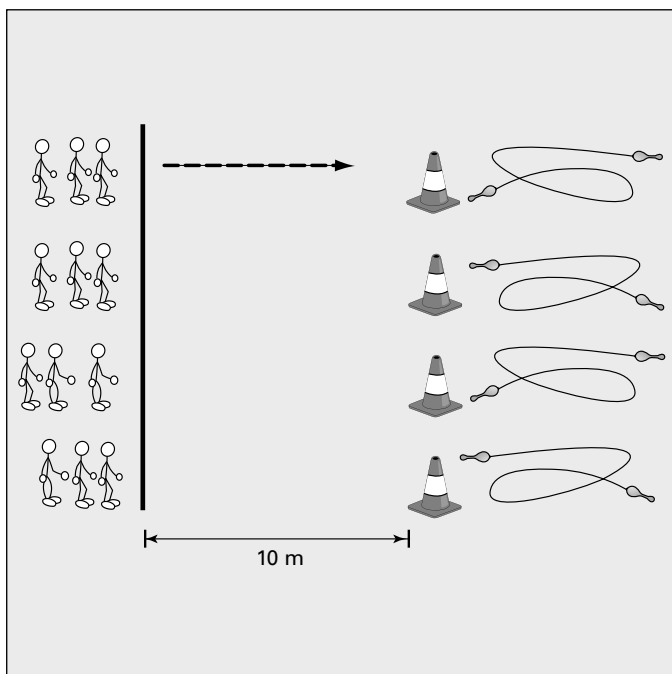
Teams line up next to a running track 20-25 metres long. Each child must sprint up the track and back to their team (or walk back around the outside).

Event 5



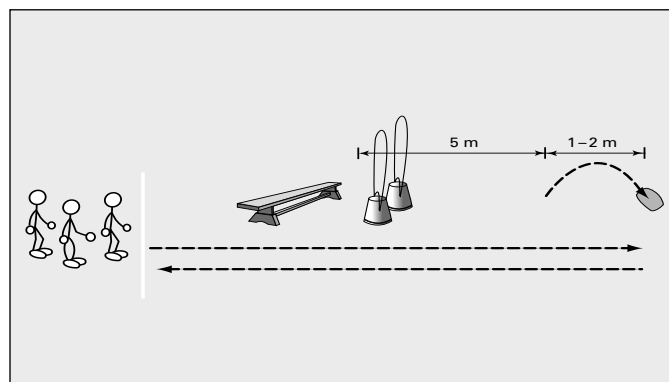
Teams line up three to four metres away from the crates. The children take it in turns to sit in a straddle position on the line and throw a low-rebound ball overarm into the crate. Each child should have a go and then retrieve the ball to give to the next team member. Teams should complete this three times.

Event 6



Teams line up on the start line and the children take it in turns to run to the skipping ropes and do ten skips on the spot. You could place a cone 10 metres from the start line to show where the children should skip on the spot.

Event 7



This event is an optional relay race. Each child travels along the course as follows: goes through the hoop, jumps over the bench, walks on mini stilts and then stands in the hoop to throw the beanbag to the other hoop. Then they run back to their team before the next teammate starts the course.

You will need to arrange for junior children or adults to assist with this event, as helpers are needed to put equipment back to its starting position during the race after each child has used it.

Activity Sheets

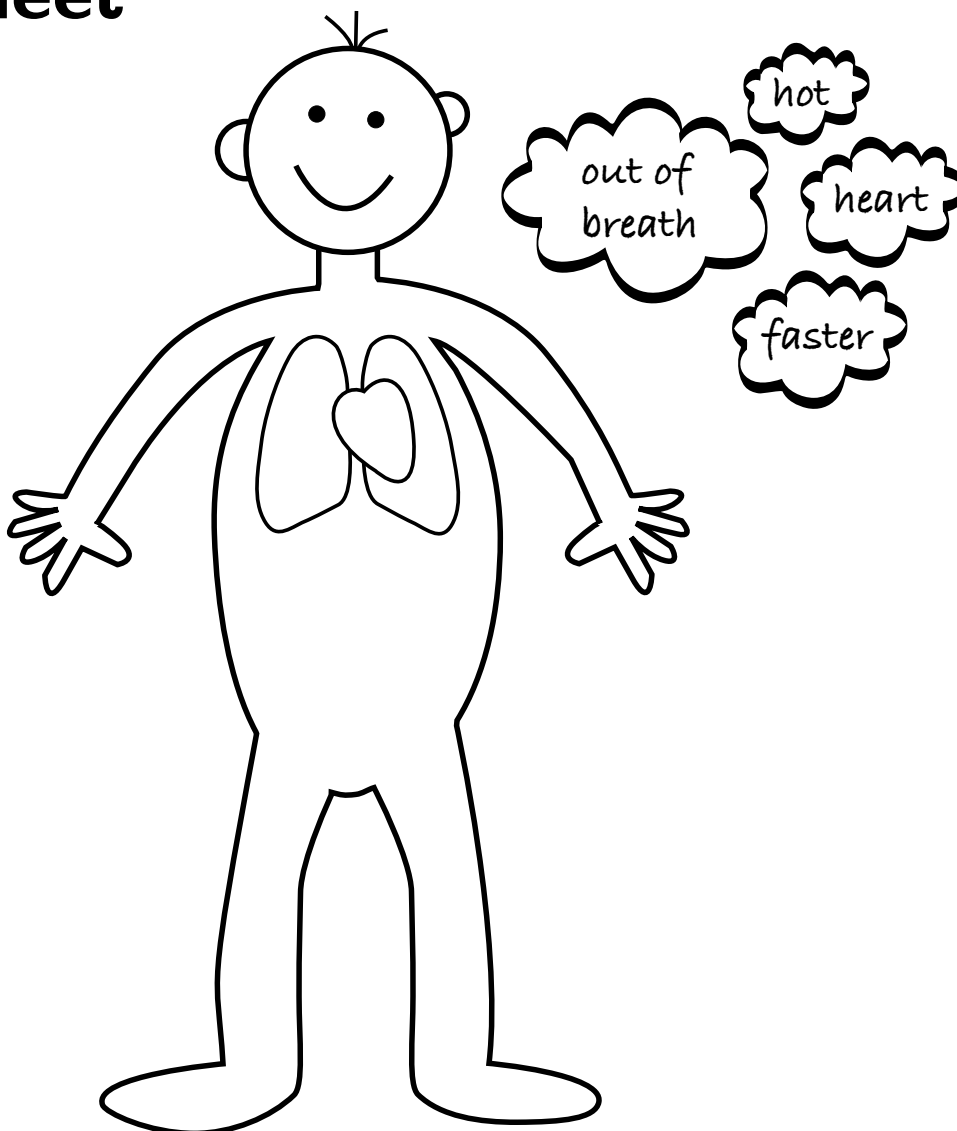
Key Stage 1



Name: _____ Date: _____

Activity sheet

Colour the heart red.
Colour the lungs blue.



Complete the sentences below.

When we do exercise, our _____ beats _____ .

We breathe more quickly.

We feel _____ and _____ .

out of breath

faster

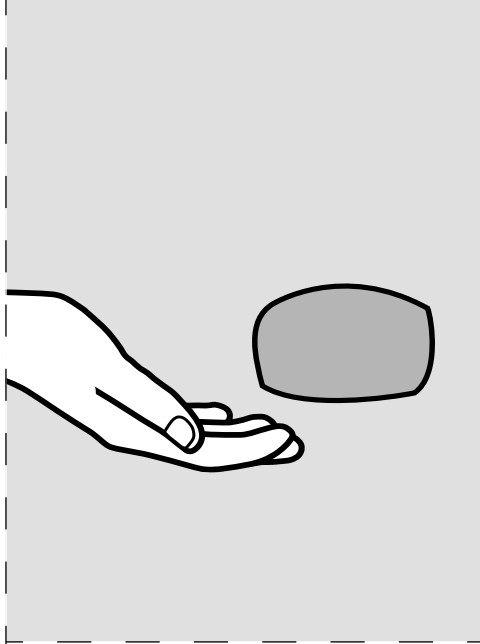
hot

heart

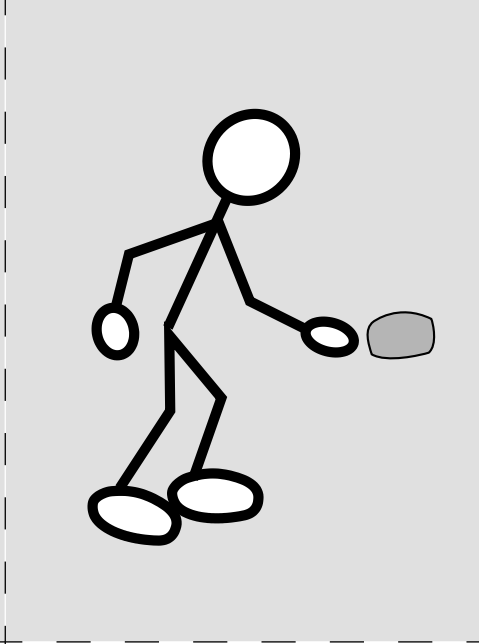
Name: _____ Date: _____

Throwing a beanbag

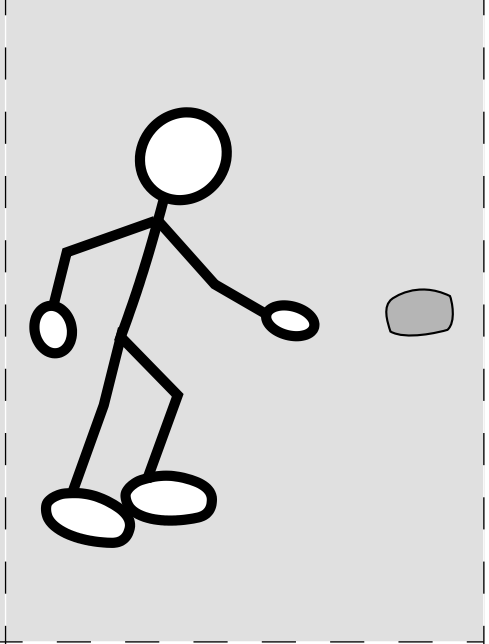
Cut out the pictures and put them in the correct order.



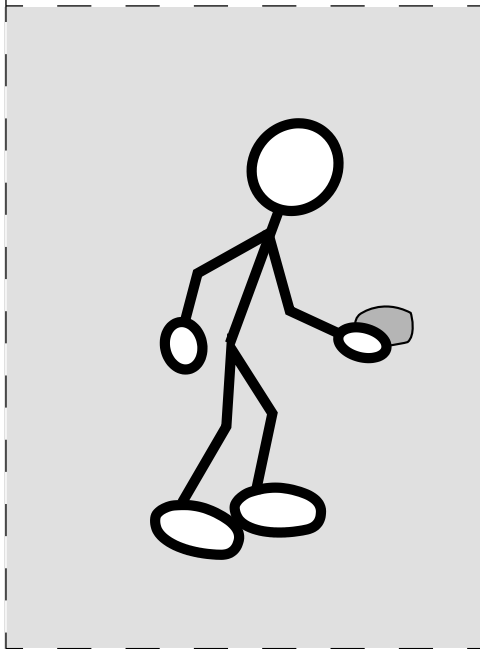
end with open hand,
fingers pointing
at target



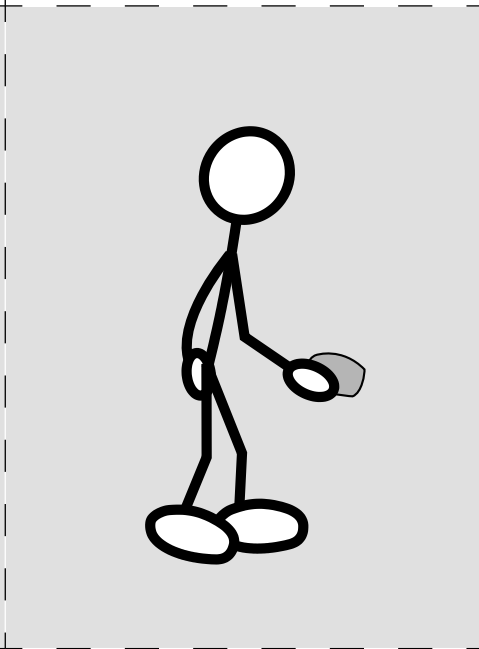
release beanbag,
keeping swinging
arm forward



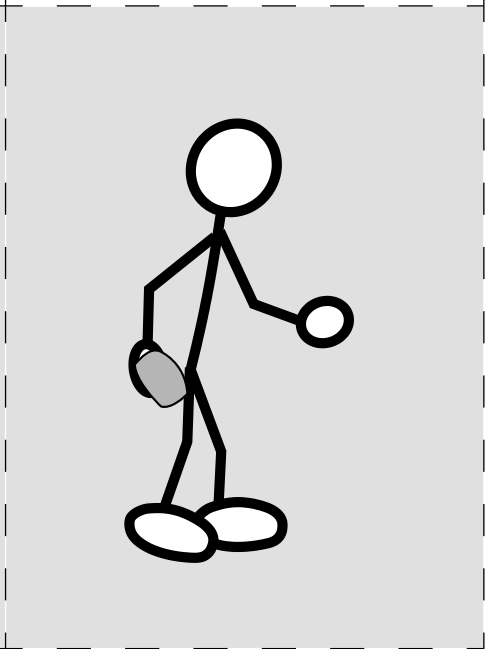
arm and hand follow
the beanbag, back leg
straightens as body
straightens up



swing arm forward,
knees bent



steady, aim

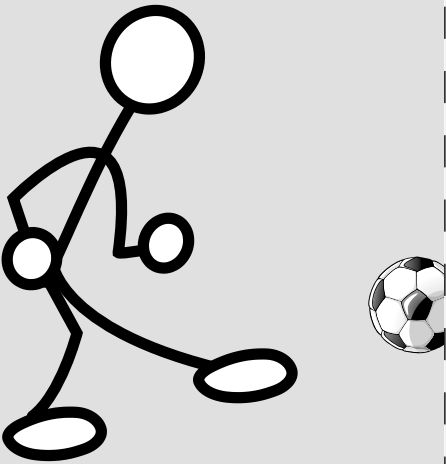
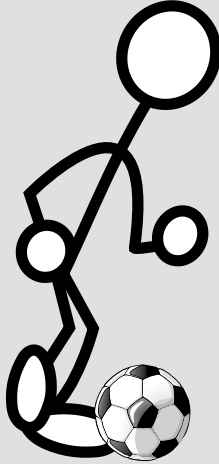
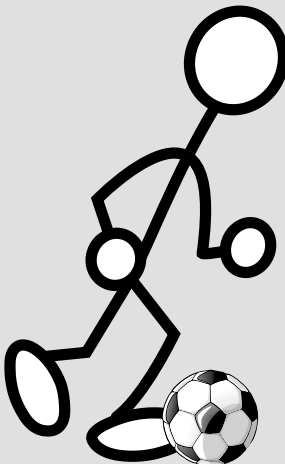
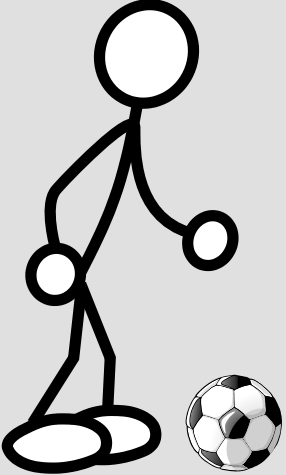
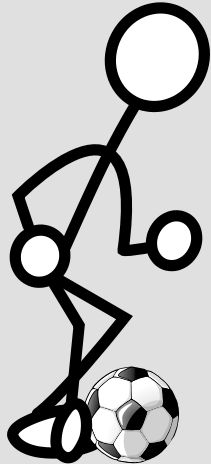
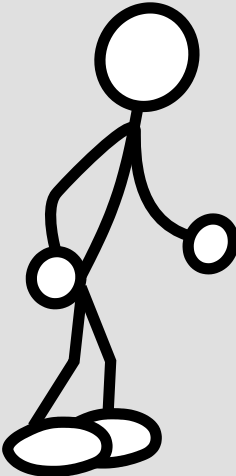


swing arm back,
rock body

Name: _____ Date: _____

Kicking a ball

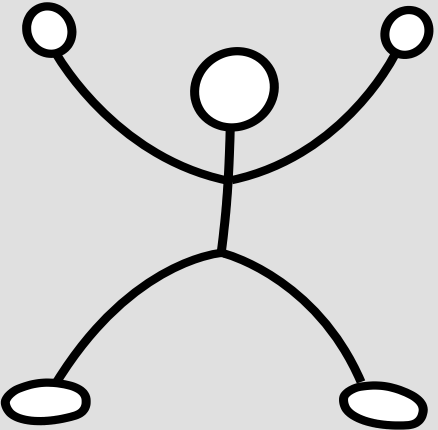
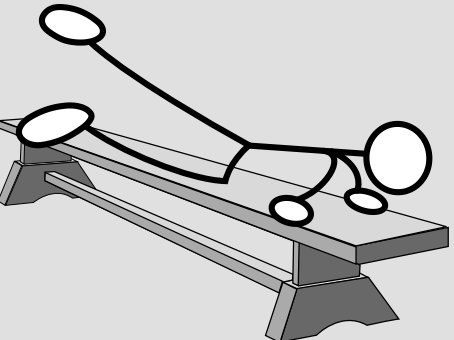
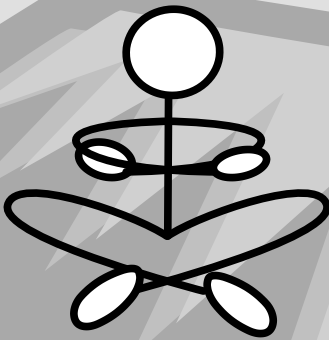
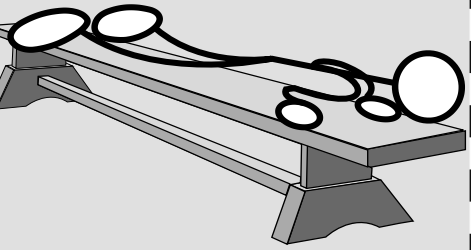
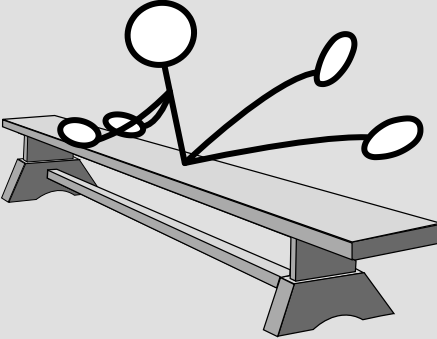
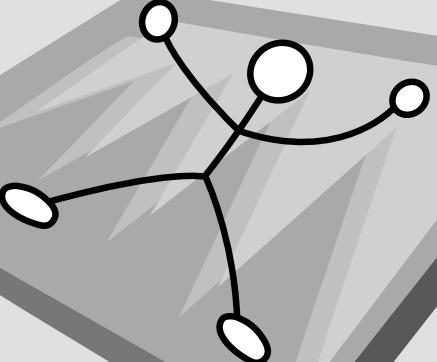
Cut out the pictures and put them in the correct order.

		
swing kicking foot through, following the ball and keeping balance with hands	swing kicking foot forward; lead hand helps aim	step forward putting non-kicking foot alongside ball, knees bent, swing back kicking foot
		
stand ready, balanced	make firm contact with ball using instep or inside of foot	recover by returning kicking foot alongside other or lean forward into a run

Name: _____ Date: _____

Gymnastic sequence

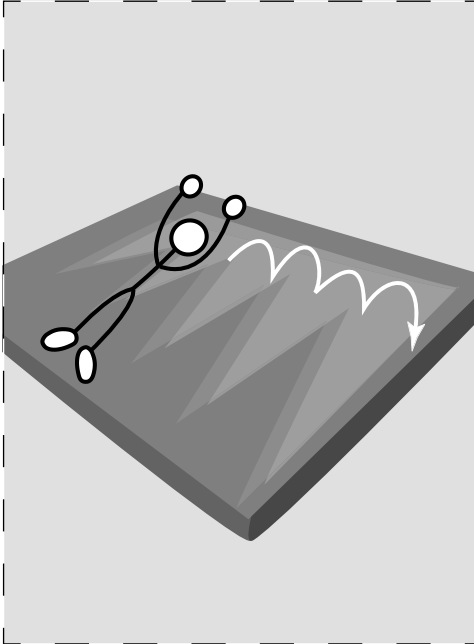
Here is a sequence. Cut out the pictures and stick them in a sensible order.

		
wide stretch standing up	balancing on one knee and both hands on a bench, back leg extended, toes pointed	sitting cross-legged, back straight, on a mat
		
sliding along a bench on tummy	sitting on a bench, both legs up, weight on hands	wide stretch lying down on a mat

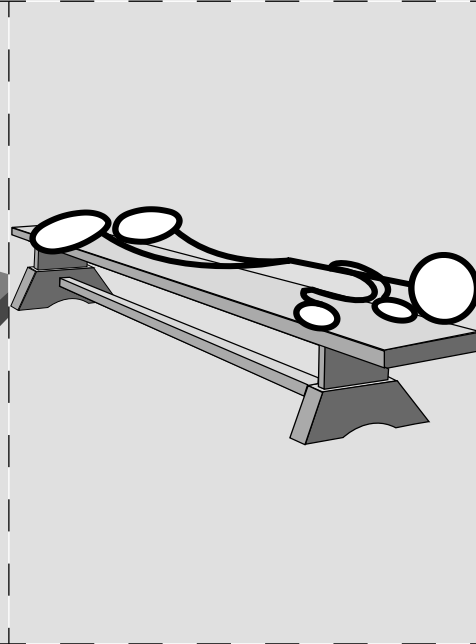
Name: _____ Date: _____

Gymnastic sequence

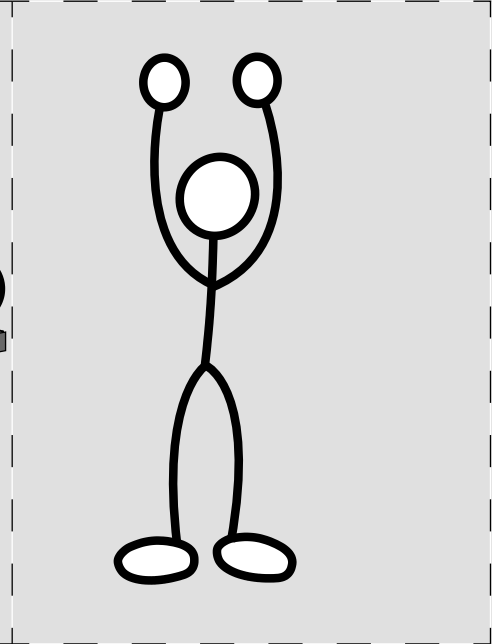
Here is a sequence. Cut out the pictures and stick them in a sensible order.



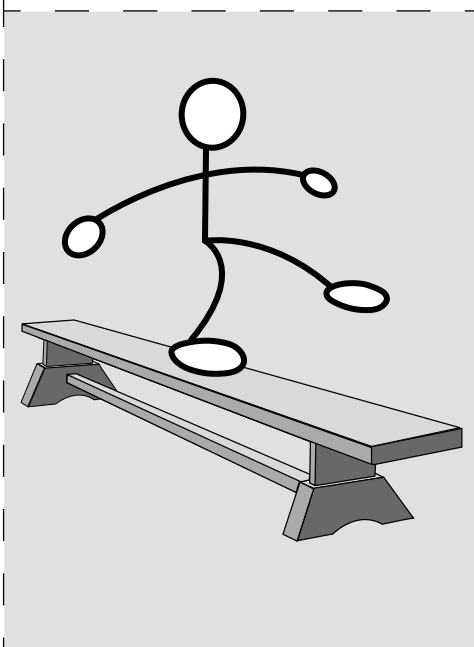
log roll on a mat



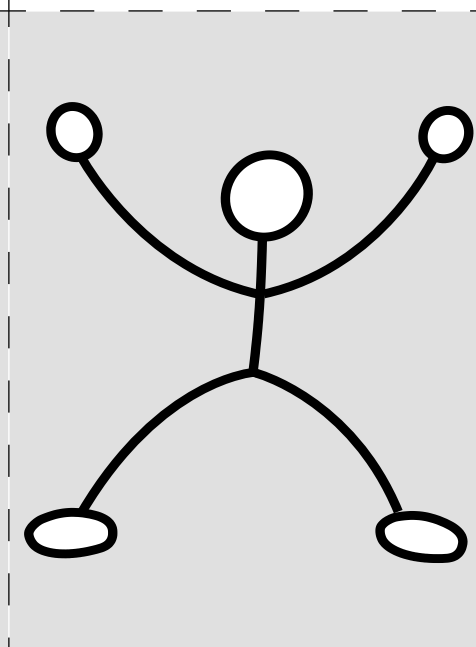
sliding on tummy along a bench



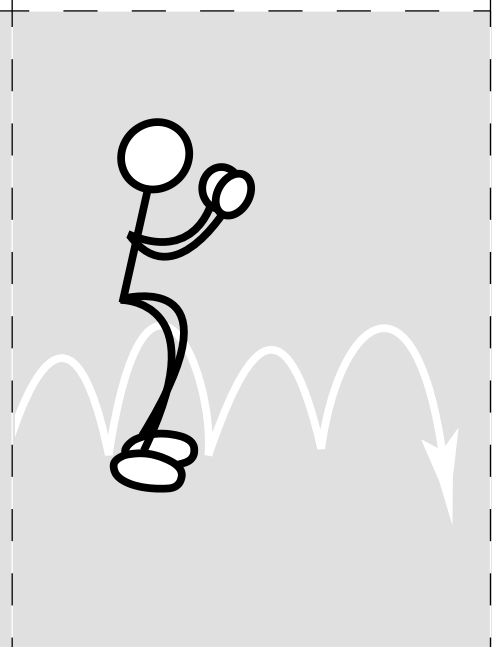
tall stretch standing up



balance on one foot on a bench



wide stretch standing up



jump five times, feet together

Name: _____ Date: _____

Water safety

Discuss both the fun and the dangers of being in and around water. Which of these activities do you like doing? Can you spot dangers in and around the water at the different places in the picture?

