

PE KS1 Unit 3


Games activities 1

Lesson 1

Circle games



Lesson 1 Circle games

 **35-40 mins**

Learning objectives

Children should learn:

- to be confident and safe in the spaces used to play games;
- how to choose and use skills effectively for particular games;
- that being active is good for them and fun;
- to watch and copy what others are doing.

Success Criteria

Children:

- move fluently, changing direction and speed easily and avoiding collisions;
- describe what it feels like when they breathe faster during exercise;
- watch others' movements carefully.

National Curriculum Attainment Targets

Participate in team games, developing simple tactics for attacking and defending.

Vocabulary

cool down, creep, forwards, freeze, head up, on the spot, own space, straight, stretch, tiptoe, turn, walk, warm up

Resources

- Playground or school hall (area may need to be restricted depending on size)

Warm-up

 **10 mins**

- This lesson is ideal for the first games lesson of a new school year. It helps the children use space safely and thoughtfully, showing them how to warm up, play a game or two, cool down and realise that PE is good fun.
- Ask the children to find a space near you and look at you. Ask them to stretch their arms up in the air one at a time and then together. Do this with the children slowly and confidently.
- Ask the children to shake their arms, then legs and finally bottoms and to turn around once. Encourage the children to keep their backs straight and heads up. Tell them to bend their

knees slowly and gradually lower themselves down to see how far their bottoms go down to the ground. Do this with the children if you can. Choose a child to demonstrate good control and flexibility, showing how they can also come up again slowly. Remember to praise the children as a class and individually.

- Ask the children to walk to a space, freeze, turn and then walk to another space. Do this with the children, starting slowly and then gradually increasing the pace.
- Emphasise the fact that the children should not touch each other. Ask them to sit in a space and to put their hands on their chest and feel their heart beating. Ask the children the following questions:

Key questions

*Can you feel your heart beating?
What happens to your heart when you exercise?
What happens to your heart when you are still?
What happens to your breathing?*

Activities

20 mins

- Ask the children to form a circle and sing 'Head, shoulders, knees and toes'. Do the actions with the children. Really stretch up high in the 'knees bent, arms stretched, rah, rah, rah' section.
- While in the circle, sing the 'Hokey Cokey' and really emphasise the actions with the children. The children could shake their arms and legs as they 'put them in'. They could flop over gently from the waist as they 'put their whole self in'.
- Line the children up on a white line if you have one and play 'Simon says'. How many children can you catch out?
- Finally play the game 'Creep up on the teacher'. Ask the children to remain on the same line; walk away from them, stop and turn around. Tell the children that as you turn away from them they must creep up on you slowly and silently. You then suddenly turn back to face the children and as you do this the children must freeze. Any children still moving must go back to the line. Remember to praise children who creep slowly and quietly and freeze well.

Cool-down

20 mins

- Ask the children to find a space and stand up with a straight back and their hands by their sides. Then ask the children to lie on their backs, shut their eyes and stretch out. Ask the children to roll on to their tummies, curl up small, then stretch as tall as they can lying down. Ask the children to stand up slowly, keeping their eyes looking down to the floor and bringing their heads up last. Walk about the children and say their names one by one. Explain to the children that when they hear their name, they should line up slowly and quietly.