

Travelling Games | Foundation stage | A-2021/22 | B- 2022/23

Vocabulary	
Warm up Preparing your body before strenuous exercise to avoid straining muscles: Stretching, Pulse raising , Mobility of joints	Cool down Low-impact or slower exercise to help your body return to normal after strenuous exercise
Agility	Chase
Balance/Counter balance	Mirror
Speeds	Tension
Control	Direction

Key Physical focus
Learn, develop and perform Counter balance
Move with confidence, imagination and in safety
Move with control and coordination
Show awareness of space, of themselves and others
Change the direction of the body in an efficient and effective manner
Perform movements and skills without losing your balance, change the speed and direction

Basic Skills
Find space when asked and stay in a space during activity
Recognise space when playing games
Move in different directions & different ways
Avoid obstacles and stay within boundaries
Alter speed for different tasks

SAFETY: *Remove all jewellery including earrings. *Long hair must be tied back. * Wear suitable footwear. *Use correct techniques. *Complete a warm-up and cool-down in each lesson.



FUNS assessment Framework

Creative (A)	Physical (A&B)	Social (B)
COMPARE AND DEVELOP I can begin to compare my movements and skills with those of others. I can select and link movements together and apply to a game.	PERFORM SIMPLE SEQUENCES I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in direction and speed.	HELP AND ENCOURAGE I can help, praise and encourage others in their learning.
EXPLORE AND DESCRIBE I can explore and describe different movements	PERFORM SINGLE SKILLS I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together.	UNDERSTAND OTHERS I can work with others, taking turns and sharing
OBSERVE AND COPY I can observe and follow others.	TRAVEL IN DIFFERENT WAYS I can move confidently in different ways.	PLAY WITH OTHERS WITH HELP I can play with others and take turns and share with help.

Travelling / Invasion Games | PE | Foundation stage

	Lesson Progression
1	Real PE: Learn counter balances with a partner and develop control. Practice and improve – Focus on ‘CREATIVE COG’
2	Real PE: Revisit counter balances. Compare with those of others and combine with your own. Select and link movements to combine at least 2 different balances. Introduce travelling – animals and balances
3	Explore different ways, sizes and use of travel. Apply this in competitive situations.
4	Explore changing direction when travelling and introduce chasing skills. Apply this to game situations.
5	Explore and develop traveling at speed and use this to enhance chasing skills. Apply this to game situations.
6	Understand why effective traveling is important in invasion games. Apply what you have learnt in this unit into invasion games.

Travelling / Invasion Games | KS1 | A-2021/22 | B- 2022/23

Vocabulary	
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Key Physical focus
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Move with control and coordination
Show awareness of space, of themselves and others
Change the direction of the body in an efficient and effective manner
Perform movements and skills without losing your balance, change the speed and direction you move

Basic Skills
Find space when asked and stay in a space during activity
Recognise space when playing games
Move in different directions & different ways
Avoid obstacles and stay within boundaries
Alter speed for different tasks



SAFETY:

***Remove all jewellery including earrings. *Long hair must be tied back. * Wear suitable footwear. *Use correct techniques. *Complete a warm-up and cool-down in each lesson.**

FUNS assessment Framework

Creative (A)	Physical (A&B)	Cognitive (B)
RECOGNISE AND RESPOND I can make up my own rules and versions of activities. I can recognise similarities and differences in movements.	PERFORM WITH CONTROL I can select and apply a range of skills with good control and consistency	DESCRIBE HOW TO IMPROVE Understand ways (criteria) to judge performance and identify specific parts to continue to work upon. Use awareness of space and others to make good decisions
COMPARE AND DEVELOP I can begin to compare my movements and skills with those of others. I can select and like movement together	PERFORM SIMPLE SEQUENCES I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in direction and speed.	EXPLAIN WHY I can explain what I am doing well and I have begun to identify areas for improvement
EXPLORE AND DESCRIBE I can explore and describe different movements	PERFORM SINGLE SKILLS I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together	RECOGNISE AND ORDER I can begin to order instructions, movements and skills. With help, I can recognise similarities and differences in performance and explain why someone is working well.

Travelling / Invasion Games | PE | KS1

	Lesson Progression
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3	Explore different ways, sizes and use of travel. Apply this in competitive situations.
4	Explore changing direction when travelling and introduce chasing skills. Apply this to game situations.
5	Explore and develop traveling at speed and use this to enhance chasing skills. Apply this to game situations.
6	Understand why effective traveling is important in invasion games. Apply what you have learnt in this unit into invasion games.