


Dereham Church Infant and Nursery School- PE

	Year group: Nursery	Area/topic: Pirates (Static Balance: one leg) Jungle (Static balance: seated)
	(objectives from NC/ELG/Development matters) 3-4 year olds: Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements. Revise and refine the fundamental movement skills they have already acquired.	

Prior learning	Future learning
Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking.	Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions

What pupils need to know or do to be secure	
Key knowledge and skills	Possible evidence
<p><u>Balancing on one leg.</u> Children to keep their head up and still. Children to keep their back straight. Children to keep their tummy tight. Children to focus on only what they are doing. Children to keep trying, even when they find it challenging. Children can explain what you had to do to achieve the Yellow/Green/Red challenge? Children can say how you used each body part to help you achieve the Yellow/Green/Red challenge?</p> <p><u>Seated balance on your bottom</u> Can you focus on each part of the body to help you balance? Can you maintain your balance when changing positions? Can you watch your partner closely? Can you copy what each body part is doing?</p>	<p>Standing foot still Non-Standing foot off the floor. Minimum Wobble.</p> <p>Hands/feet up for 10 seconds Holding balance without strain Minimum wobble (control)</p>

<p>Can you set yourself a goal and work towards achieving it? Can you come up with a variety of moves for your partner to copy?</p>		
<p>Key vocabulary</p>		
<p>Challenge, Mindset, Achieve, Balance, Bravery, Treasure, Grip, Flip, Mirror, Position, Tuck, Dish, Reach</p>		
<p>Common misconceptions</p>		<p>Books linking to this area</p>
<p>Balancing has to be up high. Balancing has to be on one leg.</p>		<p>The Pirate Mums by Jodie Lancet-Grant Ten little pirates by Mike Brownlow Giraffes can't dance</p>
<p>Memorable first hand experiences</p>		<p>Opportunities for communication</p>
<p>Exploring the Trim trail Pirate/ jungle Stories Pirate/ jungle songs</p>		<p>Emphasis on turn taking. Explaining how they achieved the challenge Listening to instructions Singing</p>

DCINS Reasonable adjustments for pupils with SEND

<p>Communication and Interaction</p> <p>Use of pictures/videos/ visual aids Smaller groups or 1:1 support.</p>	<p>Cognition and Learning</p> <p>Marking out clear boundaries for activities. Activities adapted for safety. Using posters and/or modelling to recap previous learning.</p>
<p>Social, Emotional and Mental health</p> <p>Awareness of individual needs, any potential triggers within the curriculum or child's background. Preparing children for activities they may find overwhelming.</p>	<p>Sensory and Physical</p> <p>Offering extra space. Adaptations of balance activities. Opportunities for burning off energy and physical overwhelm.</p>