

Resources:

- Signal instrument
- Apparatus

Year 1

Lesson 2

Ability:	Beginner	Intermediate	Advanced
		x	
Session Focus:	FoM Agility	FMS Travelling & Jumping	FSS Gymnastics

Learning Objectives	Activities	Points to Note	Evaluation
Pupils should learn: Acquiring and Developing 1a. Explore basic travelling and bouncing skills Selecting and Applying 2b. Vary ways and directions of travelling using feet Improving and Evaluating 3a. Identify what make a good travel and jump (coaching points) Knowledge & Understanding 4a. Know the importance of a warm up Gymnastics 8a. Perform basic travelling and bouncing skills. 8c Combine different travelling and bouncing skills to complete a movement sequence.	Warm Up: Travelling <ul style="list-style-type: none"> • Travel around space between apparatus into spaces been light on feet using different forms of travelling on two feet. • Upon command stop, bounce and hold position 	Focus on impact with floor. Balls of feet Tight muscles on stop command	
	Main Activities: Travelling, Jumping - Apparatus <ul style="list-style-type: none"> • Travelling over/under/around and through apparatus on feet and on feet and hands. • Begin to include jumping off apparatus recapping coaching points from last week. • Use two star and a wish to demonstrate good practice. • Travel between apparatus in different ways using feet. • Develop jumping from and onto apparatus 	Coaching points travelling <ul style="list-style-type: none"> • Light feet • Looking in direction • Springy knees • Travelling into space Coaching points Jumping <ul style="list-style-type: none"> • Head up • Squashy ankles, knees and hips • Clear landing space. 	
	Cool down: Travelling <ul style="list-style-type: none"> • Children to put apparatus carefully away. 		
Resources for next week: Signal instrument,			