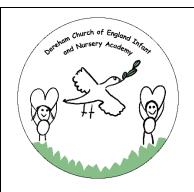
Dereham Church of England Infant and Nursery Academy- PE





Year group: Nursery - Spring I

Area/topic: Train (Dynamic Balance)

Space (Balance to Agility)

(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	Progress towards a more fluent style of moving,
through continual practice of large movements,	with developing control and grace.
such as waving, kicking, rolling, crawling and	Develop the overall body strength, co-ordination,
walking.	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	
Balance on a line	Smooth movements and	
Can you walk forward fluidly with minimum wobble?	minimum wabble	
Can you walk backwards fluidly with minimum wobble?	Staying on the line with	
Can you keep your head up and still?	head up	

Can you keep your back straight?
Can you swing your arms to help move and balance?
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Opposite arm and leg moving forwards

Jumping and landing

Can you jump forwards and backwards on two feet?

Can you jump from side to side on two feet?

Can you jump forwards and backwards, side to side, starting slowly then speeding up?

Can you keep your feet shoulder width apart?

Can you bend your knees on take-off and on landing?

Can you keep your head up?

Good take off and height Balance and control on landing Soft landings

Key vocabulary

Challenge, Mindset, Achieve, pistons, reverse, trailer, tandem, carriage, dynamic, piston

Tuck, stars, straight, spring, asteroid, crater, rocket, Quarter, half, meteor, balance, asteroid0, link

Common misconceptions	Books linking to this area
Balancing has to be up high.	The little engine that could
Balancing has to be on one leg.	
	The man on the moon
	Star Friends by Stacey corderoy
Memorable first hand experiences	Opportunities for communication
Exploring the Trim trail	Emphasis on turn taking.

Train/Space stories Train/Space songs	Explaining how they achieved the challenge Listening to instructions Singing

Dereham Church of England Infant and Nursery Academy Reasonable adjustments for pupils with SEND

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