

Brough Primary School – Curriculum Intention Plan 2023 - 2024



Subject: PE Year Group: Year 1/2		Area of learning: Boot Camp (Year B)
Links to previous work/Remember when		<ul style="list-style-type: none"> • Know the importance of, and reasons for, warming up. • Parts of the body. (Link to health).
Term		Key Skills to be taught
Summer 1 2024 What the children should know at the end of this series of lessons		<ul style="list-style-type: none"> • Experience some of the changes that occur during exercise. • Raise heart rate. • Develop agility and co-ordination. • Perform simple patterns of movement. • Learn new moves and perform them with good technique and balance.

Vocabulary

Heart rate, agility, co-ordination, circuit, jacks, exercise, strength, aerobic.

Sequence of learning	Learning Objectives/Outcomes	suggested Lesson Outline
1	<p>Learning Objective: To understand how to prepare the body for exercise.</p> <p>To understand what fitness means.</p> <p>Key Knowledge: Children required to:</p>	<p>Recap - Know the importance of, and reasons for, warming up & parts of the body (link to health).</p> <p><i>Ask: Why do we need to be fit? Explain to the children why personal fitness is important: it improves mobility in everyday life, improves the ability to concentrate and helps the body fight off illness. There are many ways to achieve personal fitness, including eating healthily and taking regular exercise. Play a range of games that raise the heart rate. With the children, discuss the things that are happening to their bodies as they exercise.</i></p> <p><i>Ask: Where is your heart? Put your hand on it. Can you feel it beating? How is it beating?</i></p>

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2	<p>Learning Objective: To complete a range of circuit-based activities and understand the reason for doing them.</p> <p>To understand what happens to the heart rate during exercise</p> <p>Key Knowledge: Children should:</p>	<p>Recap – Why it is important to be fit? What sorts of things can be done to keep fit? The importance of, and reasons for, warming up. Parts of the body. What a circuit is, and why do one?</p> <p>Introduce the exercises that the children are going to do in a circuit. Explain that a circuit is a variety of exercises that are completed one after the other, allowing individuals to work at their own pace. Usually the aim is to improve aerobic fitness and strength. Model the circuit.</p> <p>Try all the exercises as a class. Help the children with the correct technique or ask them to pair up and help each other, giving feedback on how well they are doing the exercise. Feel free to change the circuit exercises if you wish.</p>
3	<p>Learning Objective: To complete a circuit that includes activities practised in Lessons 1 and 2.</p> <p>Key Knowledge: Children should:</p>	<p>Recap - Activities to be included in the circuit. The reasons for warming up. The purpose of a circuit.</p> <p>Set up stations for the circuit, with a picture or card at each station. (This could be done before, or as the children are warming up.) Recap on the correct technique for each activity, with the whole class performing it together. Explain how the circuit will work. In pairs, ask the children to work for 30 seconds – one works, one counts and they then swap over.</p>
4	<p>Learning Objective: To complete a circuit that includes activities practised in Lessons 1–3 with balance and co-ordination.</p> <p>Key Knowledge: Children should:</p>	<p>Recap - Activities to be included in the circuit. The reasons for warming up. The purpose of a circuit.</p> <p>Set up stations for the circuit, with a picture or card at each station. (This could be done before, or as the children are warming up.) Ask the children to pair up again, perhaps with a different partner, and read through their record books to check their scores from Lesson 3. In their pairs, they should explain how they are going to challenge themselves in this lesson, setting a new target in some activities.</p>
5	<p>Learning Objective: To complete a circuit that includes activities practised in previous lessons</p> <p>Key Knowledge: Children should:</p>	<p>ASSESSMENT LESSON</p> <p>Recap - Activities to be included in the circuit. The reasons for warming up. The purpose of a circuit.</p> <p>In pairs, the children should work for 30 seconds – one works, one counts and they then swap over. Record your score in your book. The circuit should</p>

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		<p>be completed clockwise, in pairs. Continue until all the children have done each activity. Walk around the room with your partner and discuss the activities you have made the biggest improvements in, and why.</p>
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Learning Outcome/product
Children can perform a circuit of six stations spending 4 minutes on each station.

Assessment records	List only those children who have not achieved the expected outcomes.