

Subject: Physical Education	Year group: Year 1	Topic: Pilates – Toys	Initiation & activation activities:
Prior knowledge required: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.		Vocabulary: Extension, Rotation, Lateral flexion, Neutral spine.	
Programme of Study	Implementation:	Impact –lesson sequence:	Evaluations and assessments:
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns. 	<ul style="list-style-type: none"> • Can they copy actions? • Can they repeat actions and skills? • Can they move with control and care • Can they talk about what they have done? • Can they describe what other people did? • Can they describe how their body feels before, during and after an activity? • Can they move around the space safely? • Can they the Yo-Yo movement Mobilising Spine in Flexion? • Can they support each member of the group help and assess each other ensuring that each member is moving with good technique using the card for guidance? • Can they Mobilising Spine in Extension, lower body down to lay flat, then lift again slowly? • Can they rock backwards and forwards? • Can they perform all the moves and transitions together as a whole group to the music and a defined structure? • Can they twist side to side like an aeroplane then moving as if being blown around in turbulence, Mobilising Spine in Rotation? • Can they move opposite arm and leg working, keep swapping over SLOWLY, Spine in Neutral, strengthening core muscles? • Can they hold position in boomerang shape, Spine in Flexion, strengthening core, thighs and hip flexors? • Can they assess each other using the cards for guidance? • Can they drive car with arms, hold body and legs still, Spine in Flexion, strengthening abdominals? • Can they perform all the moves and transitions together as a whole group to the music and a defined structure? 		