

Subject: Physical Education	Year group: Year 1	Topic: Pilates – Jungle	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 twist side to side, hands up to eyes like binoculars looking up in the trees and down in the grass Mobilising Spine in Rotation? • Can they keep Legs ‘walking’, keep swapping over slowly, keeping body still with Spine in Neutral, strengthening core? • Can they hold hands above eyes to do ‘looking’ actions? • Can they move onto HARD position, hand by ears, listening? • Can they stay in HARD position, hands out sideways, wondering? • Can they arch up, Mobilising Spine in Flexion, and then reverse position, Mobilising Spine in Extension and ROAR!? • Can they lean back, patting tummy, Spine in Neutral, strengthening core and stretching thighs? • Can they perform all the moves? • Can they keep legs swapping over slowly as if ‘walking’ Spine in Neutral strengthening core? • Can they keep legs still, lift body up and look (hand above eyes), listen (hand by ear), and wonder (hand out to side)? • Can they get into position and HISS! Mobilising Spine in Extension? • Can they lower body down until nose touches floor, then lift again? • Can they relax body and head, nose touching floor, Mobilising Spine in Flexion? • Can they roll back onto shoulders, sit back up with feet off the floor, do monkey scratch and monkey noise Mobilising Spine in Flexion? • Can they perform all the moves together as a whole group to the music? 		

