

PE

Autumn 1

Class Plym

I can create movements to music



They
stomp!

We started off by listening to the story 'Aliens Love Dino Pants' and then went to the hall to warm up our bodies by playing a body parts game. We then talked about how dinosaurs move.. Then had a go at putting this to music.

They roar
and have
their claws
out.



I can link two movements together



I am a diplodocus
and then when I
jump I can be the
valdosaurus.



We recapped our dino moves from last week and then looked at photos to try out some new moves. We then chose two and thought about how we could link them together. We could do a jump up or a spin. So we had a go at linking two movements together whilst music was playing.



I can link a third move – creating a sequence

We did a spin to go to our next dinosaur



Beginning to create a sequence with a peer



Can you slow down so I can see what you are doing?



You watch me first and then copy what I do

I am repeating what you do like a repeating pattern



Creating and performing our dances

That's a good dance. They both did the same thing.



We worked with a partner to create a dance to the music and then we performed to a very quiet audience who gave us a clap at the end.



**What I have learnt before:**

-We need to warm up before exercise to protect our body.

Forever Facts

I know that I need to bend my knees when I jump to protect my body.

I know that I must warm up before exercise to prepare my body for exercise.

Skills

I can hold a pose for a count of three.

I can link movements together using other movements such as jumps and turns.

Endpoint:

Performing our dance sequence to our peers.

Exciting Books**Personal Development**

-To know that exercise is important for our body to keep us healthy.
-To work alongside others effectively.

Subject Specific Vocabulary**Sequence**

Two or more movements linked together.

Partner work

Working with someone else, collaboratively.

Performance

Presenting to others.