

Physical wellbeing lesson overview and progression

Autumn term 2 – We are Responsible – Fitness

‘The price of greatness is responsibility.’

Lesson	EYFS	KS1	LKS2	UKS2
Lesson 1	Children to choose 3 exercises as a class, e.g. jumping, touching toes, bunny jumps, star jumps, etc. and see how many they can do in a specific amount of time (30 seconds). Record results for the end of the block.	Children to choose 5 exercises as a class, e.g. jumping, touching toes, bunny jumps, sit ups, etc. and see how many they can do in a specific amount of time (40 seconds) Record results for the end of the block.	Children to choose 6 exercises as a class, e.g. jumping, touching toes, bunny jumps, sit ups, duck walks, squats etc. and see how many they can do in a specific amount of time (50 seconds). Record results for the end of the block.	Competition time! Children to choose 6 exercises as a class, e.g. jumping, touching toes, bunny jumps, sit ups, duck walks, squats, lunges etc. and see how many they can do in a specific amount of time (1 minute). Record results for the end of the block.
Lesson 2	Can children use the exercises from last week to see what happens to their breathing and their temperature when they exercise? Sit still for 1 minute March on the spot for 1 minute Run on the spot for 1 minute. What is the difference?	Can children use the exercises from last week to see what happens to their breathing and their temperature when they exercise? Sit still for 1 minute March on the spot for 1 minute Jump for 1 minute. Run on the spot for 1 minute. What is the difference?	Use the exercises from last week to see what happens to their breathing and their temperature when they exercise Sit still for 1 minute March on the spot for 1 minute Jump for 1 minute. Run on the spot for 1 minute. What is the difference? Can children record their pulse rate after each exercise and create a table to show the difference between resting, marching, jumping and running?	Use the exercises from last week to see what happens to their breathing and their temperature when they exercise. Sit still for 1 minute March on the spot for 1 minute Jump for 1 minute. Run on the spot for 1 minute. What is the difference? Can children record their pulse rate after each exercise in a table and plot a simple graph to show the difference between resting, marching, jumping and running?
Lesson 3	RealGym Foundation – health and fitness cog, lesson 1 to introduce children to gym skills (shape)	RealGym Year 1 – health and fitness cog, lesson 1 to introduce children to gym skills (shape)	RealGym Year 3 unit 1 – health and fitness cog, lesson 1 to introduce children to gym skills (floor work)	RealGym Year 5/6 unit 1 – health and fitness cog, lesson 1 to introduce children to gym skills (hand apparatus)
Lesson 4	RealGym Foundation – health and fitness cog, lesson 4 to introduce children to gym skills (travel)	RealGym Year 1 – health and fitness cog, lesson 4 to introduce children to gym skills (travel)	RealGym Year 3 – health and fitness cog, lesson 4 to introduce children to gym skills (rotation)	RealGym Year 5/6 unit 2 – health and fitness cog, lesson 1 to introduce children to gym skills (partner work)
Lesson 5	Think of 3 things that you are going to do to keep yourself fit and healthy.	Think of 3 things that you are going to do to keep yourself fit and healthy, can children write them down as an opportunity to remind themselves during the day.	Think of 3 things that you are going to do to keep yourself fit and healthy, can children write them down as an opportunity to remind themselves during the day.	Think of 3 things that you are going to do to keep yourself fit and healthy, can children write them down as an opportunity to remind themselves during the day.
Lesson 6	Repeat lesson 1 see whether children have improved their physical fitness over the last few weeks. Can they do any more bunny jumps than last time?	Repeat lesson 1 see whether children have improved their physical fitness over the last few weeks. Can they do any more squats than last time?	Repeat lesson 1 see whether children have improved their physical fitness over the last few weeks. Can they do any more squats than last time?	Repeat lesson 1 see whether children have improved their physical fitness over the last few weeks. Can they do any more squats than last time?