

Add a Movement

Year 1

1,2,3 Numeracy

Subject Focus: Using and applying

★ **Gymnastics, Dance, Games**

Objectives Pupils will learn to:

- Describe simple patterns and relationships involving actions, numbers or shapes; decide whether examples satisfy given conditions
- ★ perform basic gymnastic actions, including travelling, rolling, jumping and climbing, and stay still when required
- ★ manage the space safely, showing good awareness of each other, mats and apparatus
- ★ watch and describe accurately a short sequence of basic gymnastic actions, using appropriate language
- ★ copy a partner's sequence of movement
- ★ choose dance movements to make into their own phrases with beginnings, middles and ends
- ★ practise and repeat their movement phrases and perform them in a controlled way
- ★ move fluently, changing direction and speed easily and avoiding collisions
- ★ show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking.

Activity

- Start performing a simple repeatable pattern of two actions and ask the children to watch what you are doing and as soon as they can join in i.e. clap, clap, clap, snap, snap, snap.
- Ask the children what you are doing. Answer – repeating a pattern.
- Lead the children in a variety of repeatable patterns of varying complexities, using different actions and ways of travelling e.g. clap, clap, step, hop; jump, stretch, curl, bunny hop, bunny hop.
- Try asking the children to guess what comes next in a growing pattern e.g. jump, clap, jump, clap, clap, jump, clap, clap, clap, jump, What comes next? Answer – four claps.
- Ask the children to work in pairs or small groups to create their own repeating and growing patterns.
- The children could do similar activities with games equipment, dance and gymnastic movements.

Get moving,
Get learning

