Class:	EYFS	Date:			
Class.	LII3	Date.			
Topic: Lesson 2 Method of travel					
What we are learning today (WALT):					
- Developing movements using different methods of travel					
- Exploring ways of travelling using different parts of the body					
Student Numbers: Male:					
Times	Starter activities:		Differentiation:		
	"Here, There, Everywhere" - (Running "Here" = To me)				
	(Running "There" = Wherever I point)				
	(Running "everywhere" = I chase & tag you)				
	"Musical statues" - (Walk, run, jog, dance, skip - freeze when music stops)				
	Learning activities: "Sausage sizzle" - (Log rolls along the mats)				
	"Sammy snail" -(Lie on Tummy, bean bag on back, commando crawl, don't				
	lose your house)				
	"Crab Grab" - (Bean bags all around the room, pick up bean bags using feet,				
	put in to the basket.)				
	"Jumping jelly" - (Jump feet together, count jumps least jumps to win)				
	"2 Forward, 1 back" - (Jump feet together, 2 forwards and 1 back, from 1				
	side of the room to the other)				
	Planamantivities				
	Plenary activities:				
	Plenary Activity (Cool down):				
	"Stretch" - (Arms, fingers, backs & legs)				
Evaluation:		Resources Needed:			
		Mats x6, Bean bags, Baskets, M	usic		

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Class:		Date:			
Topic: Lesson 3 Balance and Linking Actions					
What we are learning today (WALT):					
Student Numbers: Male:					
Times	Starter activities:		Differentiation:		
	 "Traffic lights" - (Green - go fast, Amber - slow down, Red - Stop) "Dotty Spot" - (Follow instructions by coach, ie: stand in front, stand behind, one foot on the floor, one hand etc.) Learning activities: "Lame dog" - (On all fours, hands and knees, follow instructions ie: left arm, right arm, left leg, right leg etc. Hold each item up for 5 seconds) "Buzz bridge" - (Walk in pairs, one on all fours, hands and feet with hands in 				
	a hoop, other child pass the hoop along body to feet without touching the body) "Step on, off, over"- (Using a bench, children step on, off and over carefully!) "High Jinx jump" - (Using a bench, jump onto a mat- strtech, star, truck, quarter turn, half turn, full turn) "Jump to the beat" - (Using music, marching, jumping jacks with hands on hips, grapevine, kicker twister & rocker) Plenary activities: "Sleeping Donkey" - (Child on fours, hand and knees. Close eyes and wait)				
Evaluation:		Resources Needed: Mats x 3, hoops, spots, bench and mus			

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