

Overview of the Lesson Series

- **Number of lessons:** 4 (one per game)
 - **Lesson length:**
 - Reception: 30 minutes
 - Year 1: 45 minutes
 - Year 2: 45–60 minutes
 - **Key skills across series:** balance, running, coordination, teamwork, agility, control
 - **Equipment:** spoons, beanbags/eggs, cones, batons, sacks/pillowcases, stopwatches
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Reception (EYFS)

Focus: Having fun, basic movement skills, following simple rules

Lesson 1: Egg and Spoon Race

Learning objective:

- To move carefully while balancing an object

Activity flow:

1. **Warm-up:** Move like animals while holding a beanbag (walk, waddle, tiptoe)
2. **Main activity:**
 - Walk from cone to cone holding spoon with beanbag
 - Progress to gentle jogging
3. **Game:** Non-competitive race in small groups
4. **Cool-down:** Stretch arms and legs, talk about what was tricky

Differentiation:

- Bigger spoons or carry beanbag in hands
 - Add challenge: zig-zag course
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Lesson 2: Relay Race

Learning objective:

- To run and pass an object to a friend

Main activity:

- Simple shuttle run, passing a baton to the next child
- Emphasise waiting, taking turns, and cheering

Assessment:

- Can the child run safely and pass the baton?
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Lesson 3: 100m Sprint (Adapted)**Learning objective:**

- To run fast over a short distance

Main activity:

- 20–30m sprint
- Practise starting from standing still

Key vocabulary: fast, slow, start, stop

Lesson 4: Sack Race**Learning objective:**

- To jump safely with two feet together

Main activity:

- Children step into sacks and hop to finish
- Adult support if needed

Safety:

- Soft surface, space between racers
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● Year 1

Focus: Improving control, speed, and simple teamwork

Lesson 1: Egg and Spoon Race**Learning objective:**

- To balance an object while moving at different speeds

Progression:

- Walk → jog → small obstacle course
- Introduce competitive but friendly races

Assessment:

- Can pupils control speed to keep the egg steady?
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Lesson 2: Relay Race

Learning objective:

- To work as a team to complete a relay

Main activity:

- Baton changeovers
- Focus on *where* to wait and *how* to pass safely

Challenge:

- Add team tactics: who goes first?
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Lesson 3: 100m Sprint

Learning objective:

- To run with speed using arms and legs effectively

Teaching points:

- Pump arms
- Look forward
- Long strides

Activity:

- Timed or paired sprints (not ranked publicly)
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Lesson 4: Sack Race

Learning objective:

- To jump continuously with control

Progression:

- Hop to halfway → full distance
- Race in heats

Cool-down:

- Discuss perseverance and effort
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Year 2

Focus: Refining technique, teamwork, and self-improvement

Lesson 1: Egg and Spoon Race

Learning objective:

- To maintain balance while changing direction and speed

Activity:

- Slalom course
- Time trial: beat your own score

Assessment:

- Can pupils adjust speed to stay in control?
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Lesson 2: Relay Race**Learning objective:**

- To pass and receive a baton fluently as part of a team

Key skills:

- Communication
- Smooth changeovers

Challenge:

- Continuous relay (lap-style)
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Lesson 3: 100m Sprint**Learning objective:**

- To sprint with improved technique and stamina

Focus points:

- Starting stance
- Arm-leg coordination
- Finishing strong

Cross-curricular link:

- Use times in maths for comparing and ordering
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Lesson 4: Sack Race**Learning objective:**

- To demonstrate agility and endurance in a jumping race

Competition element:

- Heats and finals
- Team points system

Reflection:

- What helped you improve?