

Year 6 – Lesson Plan 1 – P.E.

Can we be movement mentors?

Aim: To plan and lead short movement activities that are inclusive, fun, and build others' confidence.	Key Words: • leadership, support, movement, inclusion, plan, teamwork	Preparation: • Cones or markers for zones • Task cards (optional templates with ideas for games and activities) • Stopwatch or timer • Whiteboard or clipboard for planning • Music player (optional)
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Prior Learning: Children understand the importance of teamwork and have participated in group movement or sports activities before.

WC / PT	<u>Warm-up:</u> Whole-class follow-the-leader warm-up. Each child gets a turn leading 30 seconds of movement (e.g. high knees, star jumps, side steps). Celebrate all movement styles, even silly ones — “There’s no wrong way to move!”	0-5 mins
WC	<u>Main Teach:</u> Discuss what it means to be a <i>movement mentor</i> . It’s not about being the best athlete — it’s about making sure everyone feels included and successful. Ask: “What makes a great mentor?” “How can we make activities feel fun for everyone?” Share tips: use clear instructions, encourage others, simplify if needed.	5-10 mins

I / S	<u>Activity:</u> Children work in small groups to plan a simple movement activity (no more than 2–3 minutes long). This could be: • A movement-based game (e.g. a version of tag, a relay) • A rhythm or pattern challenge (e.g. copy the leader) • A mini obstacle course using available equipment Once planned, groups take turns leading their activity for another group. Teacher floats between groups offering support.	10-30 mins
I	<u>Extension Challenge:</u> Groups can tweak their activity to make it <i>even more inclusive</i> — e.g. adding a “walk or run” option, reducing rules, or giving a helper role.	30-35 mins
WC	<u>Plenary:</u> Reflect as a class: “How did it feel to be the leader?” “Did you make your activity fun and fair for others?” Praise acts of support, encouragement, and kindness.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Design your own movement game using three actions (e.g. hop, spin, stretch). Write down the rules so someone else can try it.
Challenge B	Be a movement mentor at home — lead your own family warm-up before dinner or a walk!