

Year 1 – Lesson Plan 1 – P.E.

Can we move like animals?

Aim: To explore different ways of moving using our imagination and bodies, inspired by animals.	Key Words: • move, crawl, hop, stretch, slither, jump, gallop	Preparation: • Picture cards of different animals • Open space (hall or playground) • Music (optional – upbeat or jungle-themed) • Animal masks or props (optional)
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Prior Learning: Children have had experience of basic movement and body awareness through play and circle games.

WC / PT	<u>Warm-up:</u> Children move freely around the space (walking, jogging, skipping). On your signal, they freeze and copy an animal pose (e.g. stretch like a giraffe, crouch like a cat). This warms up their bodies and gets them thinking creatively.	0-5 mins
WC	<u>Main Teach:</u> Introduce 5–6 animals using image cards or props. Demonstrate each movement clearly (e.g. hop like a frog, slither like a snake, flap arms like a bird). Use descriptive language and ask the children to join in with each new action. Emphasise that everyone's movements can look different — there's no "wrong" way to move like an animal.	5-10 mins

I / S	<u>Activity:</u> Children explore animal movements around the space. Call out different animals every few minutes. Layer in fun instructions: “Can you gallop to the corner like a horse?” “Slither under the bench like a snake.” “Tiptoe like a sneaky cat.” Include occasional freeze moments for focus and safety. Encourage use of levels (high like a giraffe, low like a frog) and speed (slow like a tortoise, fast like a cheetah).	10-30 mins
I	<u>Extension Challenge:</u> Children choose their favourite animal and create their own movement pattern. They take turns showing their movement to a partner, who tries to guess the animal. This builds confidence in a low-pressure, supportive way.	30-35 mins
WC	<u>Plenary:</u> Gather the children in a circle. Ask reflection questions like: “Which animal made you laugh?” “Which one was the trickiest to do?” Celebrate all contributions and praise children for effort and imagination, not skill or precision.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Draw your favourite animal and write a sentence about how it moves (e.g. “A kangaroo jumps.”)
Challenge B	With a grown-up at home, play ‘Animal Moves’ – take turns calling out an animal and copying the movement together.