

Year 4 – Lesson Plan 1 – P.E.

Can we be movement detectives?

Aim: To explore copying, adapting, and creating short movement sequences in pairs and groups.	Key Words: • copy, mirror, move, sequence, partner, routine, perform	Preparation: • Cones or markers for space • Music player (optional) • Visual movement cards (optional prompts: stretch, spin, jump, twist, crawl) • Whistle or signal instrument
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Prior Learning: Children understand personal space, can follow movement instructions, and have worked in pairs before.

WC / PT	<u>Warm-up:</u> Children move freely in the space using different styles (slow motion, quick steps, zigzags). Teacher calls out “Freeze!” — children freeze in a shape. Then call out “Copy!” and children find someone nearby to mirror for 10 seconds.	0-5 mins
WC	<u>Main Teach:</u> Introduce the idea of “Movement Detectives.” One partner performs a 3-part movement sequence (e.g. jump–spin–stretch), while the other observes and copies. Demonstrate slowly. Emphasise that the goal is <i>observation and creativity</i> , not perfection.	5-10 mins

I / S	<u>Activity:</u> Children work in pairs to copy, adapt, and create movement sequences. Start with simple copying: 1. Partner A makes a 3-part movement. 2. Partner B copies. Then switch roles. Next, both partners work together to create a sequence they both enjoy. Movement cards can be used as inspiration.	10-30 mins
I	<u>Extension Challenge:</u> Challenge pairs to combine their favourite moves into a 20-second routine. They can perform it silently or to soft background music. Keep it low pressure: no one has to “perform” to the whole class unless they want to.	30-35 mins
WC	<u>Plenary:</u> Reflect as a class: “What helped you be a good movement detective?” “Was it easier to copy or create?” Praise teamwork, focus, and originality over performance.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Write down the three moves from your final routine and give them fun names (e.g. “The Star Stretch,” “The Wobble Wiggle”).
Challenge B	At home, teach your grown-up or sibling one of your movement sequences. Can they copy it like a true detective?