

Year 4 – Lesson Plan 2 – P.E.

How can we use speed, agility, and problem-solving to survive in the jungle?

Aim: To improve agility, balance, and stamina while working collaboratively to overcome jungle-themed physical challenges.	Key Words: Agility, balance, co-ordination, stamina, teamwork, obstacle, survival, challenge.	Preparation: - Cones for marking danger zones - Hoops for “river stepping stones” - Benches for “fallen tree crossings” - Mats for “safe jungle clearings” - Skipping ropes for “vines” - Beanbags for “food supplies” - Stopwatches or timers
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Prior Learning: Children should already have experience with basic obstacle courses, safe jumping and landing, and simple teamwork tasks.

WC / PT	<u>Warm-up:</u> Children move around as different jungle animals: - Leopard – sprinting bursts - Monkey – swinging arms and hopping sideways - Parrot – flapping arms and skipping - Snake – slithering along the floor Teacher calls out animals at random to keep children alert.	0-5 mins
WC	<u>Main Teach:</u> Introduce skill-based jungle stations: River Crossing – hop from hoop to hoop without “falling in.” Vine Swing – swing a skipping rope and jump over it as if avoiding jungle vines. Log Balance – walk across a bench without falling off. Supply Grab – sprint to collect beanbags (food) from the “jungle floor” and return them safely. Demonstrate safe techniques for jumping, balancing, and landing.	5-10 mins

I / S	<u>Activity:</u> Combine the survival skills into a full challenge: 1. Cross the river using stepping stones (hoops). 2. Swing over or duck under vines (skipping ropes). 3. Balance across a fallen tree (bench). 4. Collect supplies and bring them back to camp. Teams work against the clock to complete the course and "escape" before nightfall. Optional: Add time penalties if they "fall into the river" or "drop supplies."	10-30 mins
I	<u>Extension Challenge:</u> Teams design an extra obstacle for the jungle – e.g., quicksand, wild animals, or a rope climb – and explain how to complete it safely.	30-35 mins
WC	<u>Plenary:</u> Discuss: • Which obstacle was the hardest? • How did you help your teammates? • What would you change if you could run the course again? Cool down with gentle stretches, imagining listening to rainforest sounds.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Geography Link: Research a real-world jungle – where it is located, its climate, and the animals that live there.
Challenge B	Science Link: Investigate how animals survive in rainforests and what adaptations they have for their environment.