

Year 2 – Lesson Plan 1 – P.E.

Can we work together like a team?

Aim: To develop teamwork and co-operation through fun, inclusive physical activities.	Key Words: teamwork, share, balance, move, help, support	Preparation: - Parachute (if available) - Beanbags or soft balls - Cones or markers - Music (optional) - Hoops, skipping ropes, small buckets or containers
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Prior Learning: Children have had experience of taking turns and moving safely in shared spaces.

WC / PT	<u>Warm-up:</u> Children follow a leader around the space using different movements (skipping, hopping, giant steps). Occasionally call out “Team Freeze!” where they must quickly form groups of 2 or 3 and sit down. Introduces the idea of working together in a quick, fun way.	0-5 mins
WC	<u>Main Teach:</u> Explain that today’s games are about helping each other, not winning. Demonstrate a co-operative task, such as balancing a beanbag on your head and walking it to a partner. Ask: “What do good teammates do?” Collect suggestions like “cheer each other on” or “take turns.”	5-10 mins

I / S	<u>Activity:</u> Rotate through 3–4 simple team challenges, such as: • Beanbag Bucket Drop – One child collects beanbags and passes them to a partner who drops them in a hoop. • Hoop Walk – Two children walk a set distance holding a hoop between them without dropping it. • Balance Relay – A group passes a ball over and under their bodies to reach the finish line. • Parachute Lift (if available) – Children work as a whole group to lift and lower the parachute in rhythm.	10-30 mins
I	<u>Extension Challenge:</u> In pairs or small groups, children invent their own mini team challenge using the available equipment. Encourage creative thinking and communication.	30-35 mins
WC	<u>Plenary:</u> Circle time. Ask: “What made your team work well?” “How did it feel to help someone else?” Celebrate teamwork, not outcomes. Highlight good collaboration and positive encouragement.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Draw two people helping each other. Can you write a sentence about what made them a good team?
Challenge B	At home, play a tidy-up team game: set a timer and work with a grown-up or sibling to clean a room together in 2 minutes!