

Year 3 – Lesson Plan 1 – P.E.

Can we travel around the world with movement?

Aim: To use movement and fitness activities to explore different cultures and countries in a fun, imaginative way.	Key Words: travel, movement, country, jump, skip, balance, explore	Preparation: - Cones to mark “countries” - World map or globe - Music from different cultures (optional) - Task cards with themed activities - Simple props (e.g. scarves, beanbags, hoops)
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Prior Learning: Children know how to move safely around a space and follow simple instructions.

WC / PT	<u>Warm-up:</u> Show a globe or map. Say, “We’re going on a trip around the world!” Children walk, jog or tiptoe around the hall. When you call out a country, they freeze and strike a fun travel pose (e.g. “surfing in Australia”, “skiing in Norway”).	0-5 mins
WC	<u>Main Teach:</u> Introduce the idea of world movement stations. Each one represents a country and includes a movement inspired by that culture or geography. Explain that we’re not “playing sports” — we’re <i>explorers</i> trying out new ways of moving.	5-10 mins

I / S	<u>Activity:</u> Children rotate around the stations in small groups. Example stations: • Kenya – Animal Trackers: Run and leap like a cheetah • Japan – Balance Garden: Walk along a wobbly path (balance beam or tape line) • Brazil – Carnival Moves: Dance and wiggle to samba-style music • Australia – Kangaroo Hops: Use hoops to hop from place to place • Canada – Snow Shuffle: Slide across the floor using socks or cloths Use short bursts of activity (2–3 minutes per station) and encourage laughter, exploration and group discussion.	10-30 mins
I	<u>Extension Challenge:</u> Children work in pairs to invent a “new country” and create a movement to represent it. Share ideas with the class.	30-35 mins
WC	<u>Plenary:</u> Ask: “Which country was the most fun to visit?” “Which movement challenged you the most?” Talk about the joy of exploring the world through movement and how everyone moved in their own unique way.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Draw your favourite country from today's lesson and write a sentence about how you moved there.
Challenge B	At home, find your country on a map or globe. Can you learn one new fact about it?