

Year 6 – Lesson Plan 2 – P.E.

How can we use problem-solving, resilience, and physical skills to complete a challenging course?

Aim: To develop stamina, agility, and teamwork through an adventure race that combines running, obstacles, and problem-solving tasks.	Key Words: Agility, stamina, resilience, co-ordination, problem-solving, navigation, teamwork, strategy.	Preparation: - Cones and markers to set up the course - Hoops, hurdles, and balance beams (or benches) - Ropes or skipping ropes for “river crossing” challenges - Beanbags or balls for throwing targets - Clipboards and pencils for problem-solving checkpoints - Stopwatches
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Prior Learning: Children should have experience working collaboratively in teams and have practised basic skills such as balancing, climbing, and throwing.

WC / PT	<u>Warm-up:</u> - Begin with a light jog around the playing area, weaving between cones. - Add movement variations – lunges, high knees, side shuffles – to warm up different muscles. - Finish with a partner challenge: children mirror each other’s movements for 30 seconds, switching roles.	0-5 mins
WC	<u>Main Teach:</u> Introduce key skills and stations that will be part of the race: Speed and Stamina Section – short sprints followed by longer runs. Obstacle Navigation – climbing over benches, crawling under hurdles, and balancing on beams. Accuracy Challenges – throwing beanbags into hoops or hitting a target from a distance. Team Problem-Solving – decoding a simple puzzle or collecting pieces of a map from different points. Explain safety, demonstrate each challenge, and show how teams will transition between stations.	5-10 mins

I / S	<u>Activity:</u> - Teams complete the course in a relay format, with each member tackling part of the route. - At problem-solving checkpoints, the team must work together before continuing. - Points are awarded for completing challenges, showing teamwork, and finishing in good time. - Emphasis on co-operation and encouraging each other, not just speed.	10-30 mins
I	<u>Extension Challenge:</u> Teams redesign one section of the course to make it more challenging, then test it with another team.	30-35 mins
WC	<u>Plenary:</u> Gather the children together to discuss: - What was the most challenging part of the race and why? - How did your team work together to solve problems? - What skills could you improve for next time? Finish with gentle stretches while imagining preparing for the “next expedition.”	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Geography Link: Create a simple map of the racecourse, marking key features and using correct symbols.
Challenge B	Science Link: Investigate which muscles were used in different parts of the race and how exercise affects the body.