



# BISHOP LONSDALE CHURCH OF ENGLAND PRIMARY SCHOOL AND NURSERY

*BECOMING INDEPENDENT SUCCESSFUL HONEST OPEN-MINDED PEOPLE*

## Autumn 1

Week	PE 1	PE 2	Music	PSHE	Computing
National Curriculum	Fundamental skills  <b>PEGS Fundamental Skills</b>	Fundamental skills  <b>PEGS Fundamental Skills</b>	To learn about pulse, rhythm and pitch  <b>Unit: Hey You!</b>	Autumn- <b>Relationships:</b> Families & Relationships Safe Relationships Respecting ourselves and others	Recognise common uses of information technology beyond school Use technology safely and respectfully  <b>UNIT:Technology Around Us</b>
Week 1	PEGS – Run in and out of 5 objects without touching them. Repeat successfully 4 times.	PEGS – Run and jump across a marked space half a metre wide and go on running. Repeat successfully 4 times.	Hey You! Step 1: Listen and Appraise – .Hey You! by Joanna Mangona. .Musical Activities .Perform	lesson 1: We identifying the special people in our lives.	To identify technology: I can explain technology as something that helps us I can locate examples of technology in the classroom I can explain how these technology examples help us
Week 2	PEGS- Skip showing 4 turns of the rope without stopping.	PEGS- on 2 feet, 4 jumps forward, 4 backwards, 4 to one side and 4 to the other.	Hey You! Step 2: . Listen and Appraise - Me, Myself And I by De La Soul . Musical Activities . Perform	lesson 2: We are thinking about how we care for the special people in our lives, and how they care for us.	Using technology: To identify a computer and its main parts I can name the main parts of a computer I can switch on and log into a computer I can use a mouse to click and drag
Week 3	PEGS- Using an underarm throw, aim a bean bag into a small hoop set 1 metre away.	PEGS- Roll a ball a distance of 5 metres to pass between 2 objects. Repeat 4 times.	Hey You! Step 3: . Listen and Appraise - Fresh Prince Of Bel Air by Will Smith . Musical Activities . Perform	lesson 3: We are learning about the differences and similarities between people and families.	Develop mouse skills: To use a mouse in different ways I can use a mouse to open a program I can click and drag to make objects on a screen I can use a mouse to create a picture



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Week4	PEGS- From a distance of 2 metres, kick a ball to hit a wall. Retrieve the ball and repeat 4 times without stopping.	PEGS- Bounce a ball and catch with one or two hands. Do this 10 times without stopping.	Hey You! Step 4: <ul style="list-style-type: none"> <li>. Listen and Appraise - Rapper's Delight by The Sugarhill Gang</li> <li>. Musical activities.</li> </ul> Perform	Lesson 4: We are learning how our behaviour affects others and identifying kind and unkind behaviour.	Using a computer keyboard: To use a keyboard to type. I can tell you that writing on a computer is called typing. I can type my name on a computer. I can use the shift key to type a capital letter. I can save my work to a file.
Week 5	PEGS- Throw a beanbag above head height and catch it without dropping the beanbag.	PEGS- With a bat, hit a ball down 3 times in succession without losing control. Repeat this 4 times in succession.	Hey You! Step 5: Listen and Appraise - U Can't Touch This by MC Hammer <ul style="list-style-type: none"> <li>. Musical activities</li> <li>. Perform</li> </ul>	Lesson 5: To understand what bullying is.  To know the difference between friendly joking, teasing and bullying.	Developing keyboard skills: To use the keyboard to edit text I can open my work from a file I can use the arrow keys to move the cursor I can delete letters
Week 6	PEGS- Run and jump from 1 foot over an object not less than 30cm high and control the landing. Repeat successfully 4 times.	PEGS- Run for 2 minutes without stopping.	Hey You! Step 6 : <ul style="list-style-type: none"> <li>. Listen and Appraise - It's Like That by Run DMC</li> <li>. Musical activities</li> <li>. Perform</li> </ul>	Not this week	Using a computer responsibly: To create rules for using technology responsibly. I can identify rules to keep us safe and healthy when we are using technology in and beyond the home. I can give examples of some of these rules. I can discuss how we benefit from these rules.
Week 7	PEGS- Hop on one foot from side to side along a 10 metre line. Repeat hopping on the other foot and then repeat	PEGS – Skip with a rope travelling for 10 metres without stopping.	Hey You continued: Practising and catching up	Not this week	Online Safety: I can describe how to behave online in ways that do not upset others and can give examples.



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## Autumn 1

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