

PE Lesson 3

Let's Make A Snowman

Content	Guidance
Warm up Warm up by being the big snow blizzard. Make your own pathway and twist and turn through the space.	Lift your arms up and down as though they are the falling snow, as you move through the space. Move on tip-toes.
Look out of the window Yawn and stretch, take three paces to the window, then fling open the curtains and look outside.	Step in time to the beat of the music. Fling open the curtains with a big, fast gesture.
Get ready to go out into the snow Get ready to go out in the snow. Put on your hat, your gloves and your boots.	Encourage the children to think about what they are doing – to really try and imagine their hats, gloves and boots.
Throw snow in the air Skip around joyfully, then stop to pick up a handful of snow and throw it high up into the air.	Encourage the children to listen carefully to the presenter and the change in the music, so that they know when to throw their snow into the air.
Jump in a patch of snow The children jump forward in the space, imagining that they are jumping into a big patch of snow.	Make sure that the children are in a space of their own before they jump. Encourage them to bend their knees and to jump forward, feet together.
Make footprints in the snow Walk through the snow, imagining that you are making footprints in it.	Walk with big, heavy steps, bend your knees and lift up your feet.
The snow is deeper Walk through the snow again, but this time, imagine that it's even deeper! It's up to your knees!	Walk with slower, heavier steps and this time lift your feet up even higher!

<p>The snowball is bigger! The snowball is growing! Join up with a partner. This time, push the heavy snowball together. When it gets bigger and heavier, push harder.</p>	<p>Lean forward and push your hands in front of you.</p>
<p>Be a snowman The snowman is growing! Crouch down on your own in a space, then grow, as though you are the snowman getting bigger.</p>	<p>Crouch down as small as you can in a tiny ball, then grow as tall and straight as you can.</p>
<p>Decorate the snowman Skip around the space, then stop to decorate the snowman.</p>	<p>Make your own pathway and kick out the snow, so that it sprays in all directions! When the music stops, stop too and listen carefully for instructions on what to do.</p>
<p>A snow dance Working with your partner, put some of the moves that you have practised today together to make one big snow dance. Tramp through the snow, then make your snowman.</p>	<p>The children need to decide on a leader, then one follows the other through the space. They roll their snowball together and then grow together to make one enormous snowman. They need to decide who is the snowman and who is the decorator.</p>
<p>A snowman decorating dance Stay working in your pairs. One of you is the snowman and the other is the person decorating the snowman. Skip around and when the music stops, imagine you are putting the finishing touches to your snowman.</p>	<p>If they are the snowman, the children need to freeze in their snowman shape and hold their positions while the decorators dance around. Encourage the decorators to weave in and out, between as many different snowmen as they can.</p>
<p>Cool down Lie down in a space. Relax.</p>	