

Learning Intention: How can we move equipment?

EQUIPMENT:

Balls, beanbags, quoits, scarves

Physical Development:

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping, and skipping

Keywords: Run, stomp, fast, slow, freeze, hop, skip, jump, big, small, throw, catch, galloping.

STORY TIME: Before the lesson

Share the story of Little Red Riding Hood with the children.

https://www.youtube.com/watch?v=ivg_Yc-YDYo

Please note this is an external link to PPP

WARM UP: Through The Woods

Children to imagine that they are Little Red Riding Hood **skipping** through the woods.

If the teacher calls "**Big Bad Wolf**" the children have to **FREEZE** and pretend they are the Big Bad Wolf.

Repeat the activity and change the instructions to **hopping, jumping, galloping, tiptoe** and **walking** through the woods.



- Negotiate space
- Move energetically - Jumping
- Move energetically - Skipping
- Move energetically - Hopping
- Demonstrate co-ordination

ACTIVITY 1: A present for Grandma

Place hoops in each corner with balls, beanbags, quoits and scarves in them.

Children to move around the area (**skipping, hopping, jumping** etc)

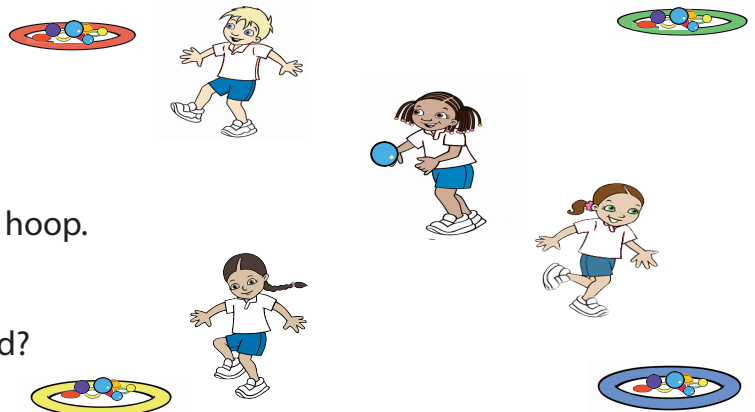
When the teacher calls "**find a present**" the children are to run to a hoop and pick up one piece of equipment and play with it.

Can they **throw** and **catch** it?

Can they bounce it?

When the teacher calls "**take it back**" the children are to return the presents to the hoop.

Make it harder: Can they throw and catch the equipment 5-10 times and count out loud?



- Negotiate space
- Move energetically - Jumping
- Move energetically - Skipping
- Move energetically - Hopping
- Demonstrate co-ordination

ACTIVITY 2: What's the time Mr Wolf?

- ✓ Move energetically - Jumping
- ✓ Move energetically - Hopping
- ✓ Demonstrate co-ordination

Choose one child to be Mr Wolf, they must stand with their back turned to the rest of the group.

The rest of the children must stand at the other end of the room and call **"What's the time Mr Wolf?"**

Mr Wolf, replies with a time eg. **1 o'clock, 7 o'clock, 10 o'clock etc.** This is the number of steps that the rest of the children must take towards Mr Wolf.

Mr Wolf may also say **"Dinner time"** and turn around and try to catch one of the other children for their dinner.

The game ends when either a child gets close enough to Mr Wolf to tap them on the shoulder, or when Mr Wolf has caught a child for dinner

Repeat again:

1. Children are to **jump** the number that the wolf calls
2. Children are to **hop** the number that the wolf calls

Make it harder: Can they hold a ball when they move?
Can they push the ball along the floor?



ACTIVITY 3: Circle Time

- ✓ Demonstrate co-ordination

When the teacher says **"What big feet you have!"** children to stamp their feet.

When teacher says **"What big arms you have!"** children to stretch their arms out as wide as they can.

When teacher says **"What big teeth you have!"** children to make a scary face.



"What big feet you have!"



"What big arms you have!"



"What big teeth you have!"

COOL DOWN

Children to imagine they are walking home through the woods, and they are extremely happy that the big bad wolf has gone.