

FAIRY TALE ADVENTURES FMS - LESSON 5 - NURSERY

Learning Intention: How can you move along equipment?

EQUIPMENT:

Throw down spots, strips, feet benches or any equipment to balance on.

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, balance

STORY TIME: Before the lesson



Negotiate Space

Share the story of The Three Billy Goats Gruff with the children.

<https://www.thefablecottage.com/fables/the-three-billy-goats-gruff>

Please note this is an external link to PPP.

WARM UP:



Negotiate Space

Children to trot around, like goats looking for grass...

If the teacher calls:

Trip Trap = Children pretend they're walking across the bridge calling "trip trap, trap trap"

Billy goat gruff = Children to move around, as if they are one of the Billy Goats (they can choose which one they want to be)

Trolls: Children to move around pretending they are a troll- can they make a scary face?

Eat some grass: Children to bend down and pretend to eat grass

ACTIVITY 1: Who's that moving over my bridge?

Place out in the area a variety of bridges using throw down spots, feet, strips etc...

- ✓ Move energetically - Running
- ✓ Move energetically - Jumping
- ✓ Move energetically - Skipping
- ✓ Move energetically - Hopping

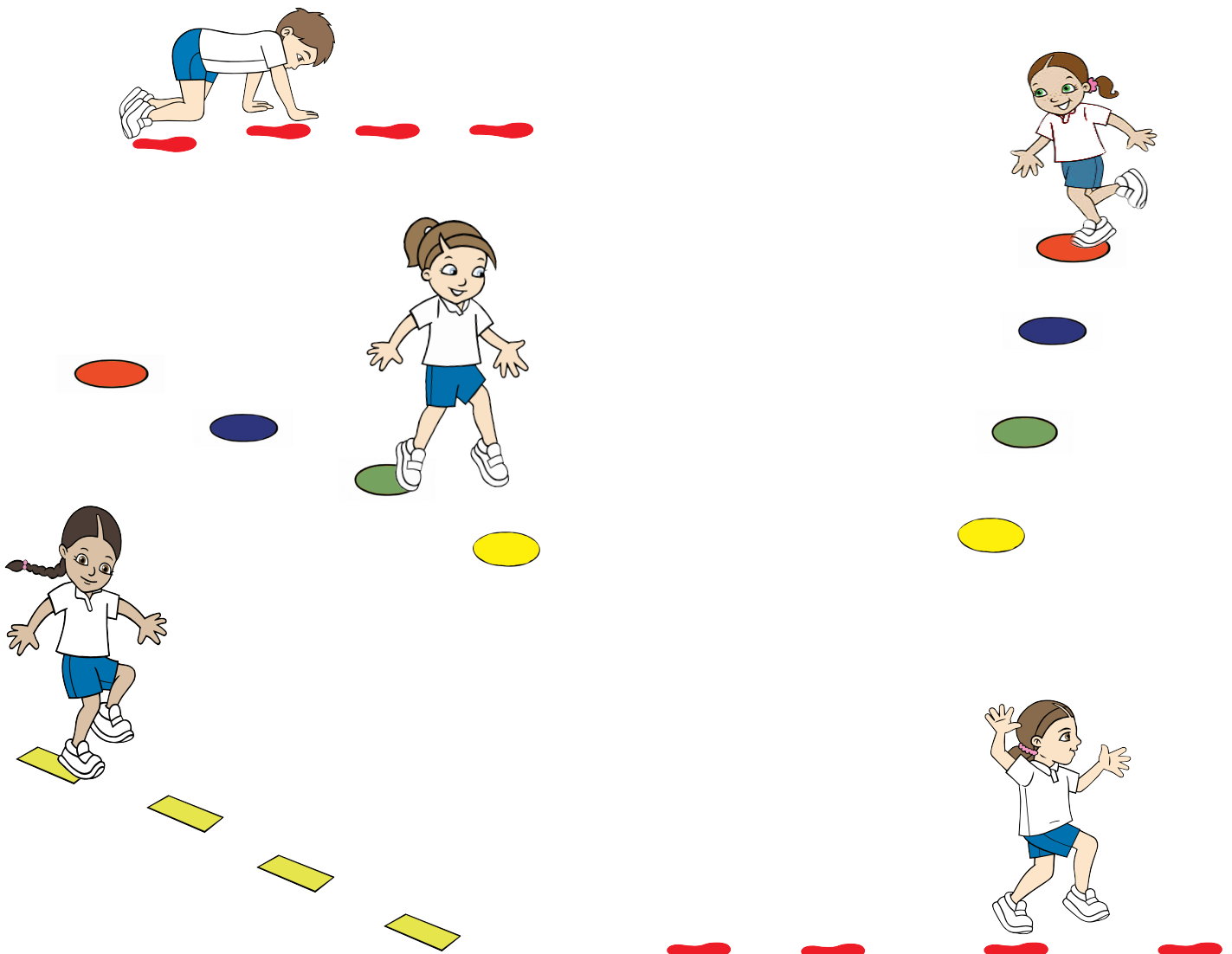
The children should trip trap over the different bridges. The children can try different ways of travelling over the bridge.

- Can they **jump** over the bridges?
- Can they **hop** over the bridges?
- Can they **crawl** over the bridges?
- Can they **tiptoe** over the bridges?

Make it harder:

Teacher to pretend that they are the troll and call out **"Who's that trip trapping over my bridge?"** - **the children are to FREEZE when they hear this!**

When they reach the other side of the bridge, children are to jump up showing they are happy they have reached the other side! Just like the 'Three Billy Goats'!



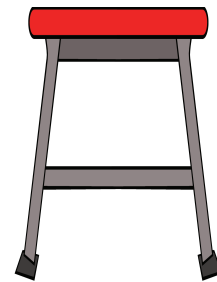
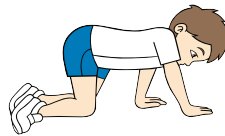
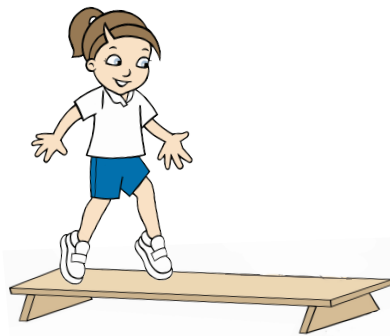
- ✓ Demonstrate balance
- ✓ Negotiate Obstacles

ACTIVITY 2: Under or Over (extension activity)

Add some equipment that the children can climb under or over.

Children to travel over and under the equipment in different ways.

They can pretend they are a Billy Goat Gruff or a troll!



ACTIVITY 3: Circle Time

- ✓ Demonstrate co-ordination

All children to stand in a circle.

When teacher calls "**Billy Goat**", the children should stomp feet on the spot calling "**trip trap, trip trap**" around in the circle as if they are crossing the bridge.

When the teacher calls "**troll**" the children should stop and crouch down like they are under the bridge.



'Trip trap' = stomping



'Troll' = crouch down

COOL DOWN

Children walk happily around the room pretending they are the goats who have made it to the grassy field.