

Focus plan for Physical

(Goals for health and bodily awareness) Activity - Obstacle course Date -

Learning intention

To recognise changes which happen to the body during activity

Resources

Large, safe space, balls, hoops, boxes, bean bags, posts, cool drinks, room to rest

How the activity will be carried out

Set up a series of challenges - throw ball into a box, throw ball through a hoop, kick a ball between 2 posts, hop/jump on the spot, jog between two bean bags, run round the area 3 times. Ask the children to do some simple stretching exercises, then model the activity at each challenge, commenting on how with each one, you are becoming more warm, tired, thirsty etc. As the children work their way round the course encourage them to think about how their body is feeling. When completed, ask them to stand quietly for a few moments - draw their attention to their raised heartbeat and more laboured breathing. Invite them to suggest ways to return to normal.

Questions to ask/Language to use

What happens when we are active? How do you feel now? What is happening? How can we get back to normal?

Differentiation (Birth to Three)

Invite children to join in a dance session to some lively music. Encourage them to participate by joining in yourself, holding hands with them and showing how much you are enjoying yourself. When they appear to be tiring (or before - use your judgement with them), call a halt, emphasising how hot, out of breath and thirsty you are. Suggest you all sit down to rest and have a drink 'to cool down'

Extension

Encourage children to monitor their heart rate throughout periods of exercise, showing how to count the beats both at rest and after exercise.

Evaluation