

Focus plan for Physical

(Goals for health and bodily awareness) Activity - Discussing seasonal walks

Date -

Learning intention

To become aware of changes after exertion

Resources

Large space in which to sit comfortably, refreshments.

How the activity will be carried out

After returning to the setting from a seasonal walk the group should sit down together with their accompanying adults to discuss the walk. The lead practitioner should steer talk to how they feel after their walk. Are they warm, hot or cold? Tired, hungry or thirsty? How could they remedy the situation? Appoint a scribe to note suggestions, Decide which ones would be most effective and, if practicable act on them, providing refreshments as appropriate - hot chocolate, cold drinks and snacks while you continue to discuss your walk and share discoveries. Afterwards provide some quiet activities for rest opportunities. Later ask them how they feel now.

Questions to ask/Language to use

See above. Hot, cold, warm, fan, hot drinks, cold drinks, hungry, thirsty, snacks, apple, carrot, celery, pear, orange, juice, cocoa, rest

Differentiation (Birth to Three)

After a physical activity ask the children to think about how they feel - you will probably need to model vocabulary and ways to feel better.

Extension

Encourage children to discuss how they feel at natural breaks in your sessions so they become used to being aware of how their body is feeling and how they can take appropriate action independently - make sure drinks, snacks and quiet activities are available to facilitate this!

Evaluation