

Focus plan for Physical Development

Activity - Traffic Jam Date -

Learning intention

Travel around, under, over and through balancing and climbing equipment.

Move spontaneously within available space.

Resources

A selection of equipment to set up an obstacle course, chairs, hoops, cones, ropes, tunnels, benches.

How the activity will be carried out

Set the equipment up outside if possible to follow a route around the space. Explain to the children that this is a road that has had a lot of road works on it and it has a lot of obstacles to get around. Ask the children to travel along the road with care as if they were a racing car. Call out the name of a different vehicle and ask them to travel in a different way, e.g. tractor, bus, steam roller, digger, motorbike, bicycle etc. Call out 'Traffic Jam!' and the children have to try and get themselves into line one behind the other, close together, on the road. Repeat this at intervals throughout the game.

Questions to ask/Language to use

Can you swim like a Jelly fish/octopus/eel?

How many children are on your island? Is there room for any more?

Differentiation (Birth to Three)

Pair younger children with older children or an adult, or help them spot a space on an island.

Extension

Discuss other ways of getting between the islands, e.g. rowing boat/plane/on the back of a dolphin. Act these out.

Evaluation