

Focus plan for Physical**(Goals for movement)****Activity - Be a seed****Date -****Learning intention**

To develop confidence in movement

Resources

Large empty space. Music, if desired.

How the activity will be carried out

Talk to the children about seeds, germination, roots and shoots slowly making their way, growing in a sinuous manner upwards and outwards until they reach their full growth- lots of curvy moves as they 'snake' upwards and reach full stretch. If you like, they can then die back, after having flowered and drifted in the breeze or been blown about by wind, rain and storms!

Questions to ask/Language to use

Seeds, plant, dark, quiet, water, light, warmth, stirring, pushing, growing, extending, out, up, wider, higher, stronger, taller, stretching, waving, opening, glowing, sunlight

Differentiation (Birth to Three)

Explore simple movements to suggest germination or growing

Extension

Develop into a dance form - maybe show to parents, with accompanying music. Invite the children to discuss their ideas and record these. Invite them to record these feelings using other media.

Evaluation