**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**