

Focus plan for Physical Development

Activity -The Early Shift Date -

Learning intention

Move with confidence, imagination and in safety

Resources

Old newspapers and large shoulder bags

Empty plastic bottles

Cardboard wine bottle carriers and plastic bottle crates

Aprons/small bags

Photographs of milkmen/ newspaper boys and girls

How the activity will be carried out

Look at the photographs of the milkmen and newspaper deliverers. Talk about where people get their milk and papers from, sometimes in a shop, and sometimes delivered to our door. Is it day or night in the pictures? Explain that these workers get up very early to bring our milk and papers. Invite the children to choose to be a milkman or newspaper deliverer. Help them to get ready: They get out of bed, clean their teeth, put on their coats/aprons, load up their bottles/papers. Encourage them to help one another to lift heavy crates. Then walk around delivering a bottle or a paper to some of the other children.

Questions to ask/Language to use

Early/dark/sunrise/sleepy/cold/heavy/lift

Be careful/wake up!/load up/Can you lift it better together/How many can you carry?/Is it heavy?

Differentiation (Birth to Three)

Turn it into a follow my leader game, where the adult does the mime and the children copy it each step of the way.

Extension

Who else might you meet at this time of day? - dog walkers/joggers/policemen - encourage the children to mime these parts as well.

Evaluation