

Focus plan for Physical Development

Activity -Warming Up Date -

Learning intention

Recognise the changes that happen to their bodies when they are active.

Resources

A cold day

Outside space

Warm clothing

Whistle

How the activity will be carried out

Invite the children to come outside with you. Ask them what sort of day it is? Warm or cold? What should they put on to keep warm outside? Help them to get ready with all their warm clothes. Walk outside together and ask the children to stand still for a moment. Do they feel warm or cold/ Do bits of them feel cold - their cheeks or hands? Do they know a good way to keep warm when they are outside? Running around! Explain to the children that when you blow the whistle you want them to stop and come back to you. Run about with the children for a minute or two. Blow the whistle. Now ask the children to jump up and down on the spot. Can they make star shapes? Can they hop? Ask them to make suggestions of warming up movements they could do. Try them out, blowing the whistle each time you want to change the movement. Finally, run about again, asking the children to go as fast as they can. Blow the whistle and gather the children back to you. Ask them to stand still again. How do they feel now? Are their cheeks and hands warmer than before? Remind them to move about whenever they feel cold outside.

Questions to ask/Language to use

Cold, warm up, warmer, run, jump, move, hop, stop, still

Differentiation (Birth to Three)

Play follow my leader, so the children copy you as you make a movement outside. For very young children it could be as simple as clapping your hands or rubbing them to keep them warm.

Extension

Children could work in pairs to make up movements to keep warm. Back inside, this is a nice activity to follow up with some children making hot chocolate or warm milk to share as another way to warm up.

Evaluation