

Focus plan for Physical	
(Goals for sense of space)	Activity - Movement session
Date -	
Learning intention	
To begin to appreciate space and safe use of it.	
Resources	
Large empty area, inside or outside. Music to suggest weather conditions (optional)	
How the activity will be carried out	
Before the activity begins, talk about different weather conditions, how it affects our movement, is it harder or easier to move around in? How does different weather make us feel e.g. if it is very cold our toes might be so cold it makes walking really painful, how would we move then? Move to your empty space and ask the children to spread out - you could ask them to put their arms out straight and slowly turn all the way round so that they are sure they aren't touching anyone. They need to keep that sort of space between themselves all the time. Then with, or without, music ask them to imagine it is snowing, raining, windy, very hot etc and move around the space in that fashion, trying not to bump into anyone. At the end of the activity, invite them to sit or lie quietly for a short time as their body returns to normal -you could ask them if their hearts are beating faster than normal and suggest they notice how it changes	
Questions to ask/Language to use	
How can the weather change the way we move? Fast, slow, easy, hard, struggle, push, pull, creep, slide, cling, run, walk, crawl, wade, splash	
Differentiation (Birth to Three)	Extension
Concentrate more on using two or three different ways of moving around the space safely.	Develop along the lines of 'We're going on a Bear Hunt', so there is a narrative and a reason for these struggles with the elements. Turn it into a weather 'dance' to show others in the group.
Evaluation	