

As they become more skilful

Picture Trail

Let's 'Play to Learn'

- Set up a trail of a large number of clues over a large area
- Encourage the children to travel from clue to clue as quickly as they can
- Children have things to find or questions to answer/problems to solve at each location
- Children compete as a team to solve the problems
- Gradually increase the length of the trail
- Introduce the concept of timing the trail

Key words

- control, coordination, balance, cooperation
- clue, watch, look for, search
- compare, match, map
- cooperate, decision-making, problem-solving
- speed



Opportunities to:

- sustain activity for longer periods of time
- cooperate in solving problems when working with others
- recognise and describe how their breathing changes and how they look and feel when they exercise

Resources

- Large outdoor equipment, tunnels, parachutes, balance planks, small movement/trestle tables
- Picture/word clues, question sheets, collectables

Questions

- What is the quickest way to get to the next clue?
- Why is it important to be safe even when you are trying to move as quickly as possible?
- How did you feel towards the end of the trail?
- What did you notice about your breathing?
- What did you notice about your heart rate?
- What could you do to help you run faster next time?

Safety & organisation

Ensure:

- the surface is clean and free from obstructions
- children move safely when trying to move as quickly as they can
- children work in small groups
- all children can be seen all of the time

Can you see the child?

- Sustaining activity for longer periods of time
- Cooperating in solving problems when working with others
- Recognising and describing how their breathing changes and how they look and feel when they exercise

sometimes

most of the time

Encourage the child to:

- walk when they need to and try to run for at least 30 seconds before walking again
- focus on one aspect at a time, e.g. red face, breathing heavy or deeper. Ask them to feel their heartbeat and listen to somebody else's breathing, etc.
- cooperate with others by working with them

Rich opportunities

- PSD, WB&CD: Well-being – understand and recognise the changes that happen to their bodies as they exercise and describe the changes to their breathing, heart rate, appearance and feelings
- KUofW: Places and people & Time and people – use and make simple maps, making observations and measurements and keeping records

- The child is timed for their completion of the trail – record the times and try to improve next time
- Collect objects from each clue point that can be used in a subsequent task, e.g. letters to make a word, numbers to complete a sum, shapes or puzzle pieces to make a whole puzzle, etc.
- Encourage the child to identify why the changes are happening to their bodies
- Children create their own clues/trail
- Use 'Outdoor Learning Cards 2009'