

As they become more skilful

Dragon Egg Hunt

Let's 'Play to Learn'

- Set out apparatus for the children to work on
- Encourage the children to move in a variety of ways, showing change in direction and level
- Encourage children to create and practise a route around the apparatus



Resources

- Hoops, tunnels, balance planks, small parachutes
- Cones, throw-down markers
- ropes, agility tables, eggs, dragons

Questions

- When did you move sideways?
- Where else could you move sideways?
- Which balance did you hold? Can you do that at another level?
- Which part of the course was your favourite and why?
- How could we make the obstacle course more exciting?
- How many eggs were there?

Key words

- confidence, coordination, control, balance
- travel, turn, jump, balance
- forwards, backwards, sideways, diagonally
- low level, medium level, high level
- smooth, fluent, linking
- start and finish positions

Opportunities to

- use basic actions
- jump off apparatus with confidence
- begin to link actions
- work safely when using apparatus

Safety & organisation

Ensure surfaces are safe for crawling

Three or four children to one obstacle

Encourage the children to:

- move slowly at first
- take turns and not queue
- listen to instructions
- bend knees on landing when jumping from apparatus

Can you see the child?

- Using basic actions
- Jumping off apparatus with confidence
- Beginning to link actions
- Working safely when using apparatus

sometimes

most of the time

Encourage the child to:

- practise basic actions on the floor
- discuss and plan a route/sequence
- discuss, plan and construct an obstacle course
- link two actions together
- practise skills using the Technical Skills Cards

Encourage the child to:

- repeat the route/sequence accurately
- include a change of speed
- link a longer series of actions together
- include other 'Body Schooling Activities' from PESS Gym Module 1
- use a 'move cube' with forwards, backwards, sideways, low level, medium level, high level featuring on it

Rich opportunities

- PSD, WB&CD: Personal development – take risks and become confident explorers
- CD: Art, craft and design – make or decorate eggs, then hide them