



SALLY

Character: Skilful Sally **Adventure 4:** On the way to the Zoo

Keywords: control, space, movement, co-ordination

Link to ELG: Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. Observes the effects of activity on their bodies. (30-50 months)

Length of Session: 45 minutes

Resources Needed: tennis balls, hockey sticks, tennis rackets, large balls, hoops, bibs, beanbags and cones.

Lesson Focus/ Learning Objective

To understand the effects exercise has on their body

Success Criteria

- Children to be able to describe how exercise makes them feel.
- To explain the changes they feel in their body.
- To demonstrate previous skills they have learnt.

In The Classroom

Explain today's adventure whilst the children are getting changed and which character will be taking them on their adventure... Skilful Sally. See if the children know what Sally's super powers are and what she will be looking for today. Describe the learning objective and the success criteria. Describe the adventure setting. Today we're going to help Skilful Sally by visiting the Zoo! Now we've arrived we must help her become a better explorer by listening to the Zoo keeper's instructions. **When children are changed, ask them to sit in pairs and ask them to think about what effect being active has on their bodies.**

In The Hall – Warm-Up

Activity: Children, we are going to help the zoo keeper in the monkey enclosure, but all the monkeys have escaped, so the zoo keeper needs Skilful Sally to help get all the monkeys back in their enclosure. Each child has a bib tucked into their shorts, like a tail. They have to run around and try to take each other's tail by pulling the bib from each other's shorts. When the bib has been removed they give it straight back, so they can continue playing. Let the children see how many tails they can pull out. **Ask them: how do you feel when you have been running around? Do you notice any changes in your body?**



Main Adventure

Activity 1: Children, we are going to be zookeepers to help Skilful Sally. We need to tidy all the animal cages. Hoops will be scattered around the room with beanbags inside them - these are the cages. The children then need to travel to the hoops and pick up the mess the animals have created (beanbags). Once they have picked this up they need to take it to the bin (the hoop in the middle of the room). **What happens to your body when you've been running for a long time?**

Activity 2: Children now have a chance to play with some of the animals and observe them in their cages. The children can now explore the equipment they have used over the previous weeks and revisit some of the skills they have learnt in dribbling balls with different pieces of equipment, like; rackets, hockey sticks, their feet or hands. Teacher to sit back and observe the children as they play with the equipment and encourage them. Ask children: **Do you feel more tired when you do different activities? Does your body feel different when you use different types of equipment?**

Making The Tasks Easier

- Give the children more space to work in.
- Use the TA to support the children.
- Get the children to use equipment they are more successful with.

Making The Tasks Harder

- Give the children less space to work in.
- Give the children equipment with a small surface area and a smaller ball.

Feed Forward Notes for Next Session:

Notes On Individual Children's Needs:

Names/ Group	Reason	Learning Plan