



BELLA

<p>Character: Balancing Bella</p> <p>Adventure 1: Up into Space</p> <p>Keywords: Travelling, walking, skipping, jogging, galloping, jumping, hopping, camel walk, sliding, slithering, body tension, control.</p> <p>Link to ELG: Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. (30 –50 months)</p> <p>Length of Session: 45 minutes</p> <p>Resources Needed: Non-slip spots as floor markers</p>	<p>Lesson Focus/ Learning Objective</p> <p>To experiment with different ways of travelling in gymnastics.</p> <p>Success Criteria</p> <ul style="list-style-type: none">• To have a go at travelling in lots of different ways.• To find 2 different ways they can travel with control.• To control their bodies whilst moving and performing movements.
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In The Classroom

Explain today’s adventure whilst the children are getting changed and which character will be taking us on that adventure... Bella. Talk to the children about what Bella’s super-powers are and what she will be looking for in our movements. Describe the learning objective and the success criteria... Read the narrative for the adventure setting. As children are getting changed encourage them to think about the adventure setting of space and the types of things they may see in space. Allow them to show shapes and movements that represent their ideas.

In The Hall – Warm-Up

Activity: Let’s get our astronaut outfit on, as we need to complete some training in preparation for our space mission with Bella.

Put out 7 different non-slip spots on the floor – tell the children that these are the different planets in space. Play a game of follow my leader and the children will follow you from spot to spot (or planet to planet). Begin with walking from planet to planet like an astronaut and then introduce other ways of travelling such as: slithering, sliding, crawling, running, skipping, side stepping and hopping. Show the children how to travel in these ways showing high quality movement and control (making sure their backs are straight, they are up on the balls of their feet, their arms are in control and they are pointing their fingers and toes. **Praise children who are travelling sensibly and work with children who need support to give them individual pointers about shape / control / speed to ensure they are successful. Get the children to think of other ways they can travel and move in space. Discuss and try out their ideas and challenge them to make sure they are doing the movement with a clear shape, control and body tension, so they are high quality movements.**



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Main Adventure

Activity 1: Before we fly into space we need to check all our space equipment is safe to use, so let's help Bella.

Teach the children how to set-up pieces of gymnastics equipment (benches, nesting tables etc.) themselves. Lifting them by working in 2's or 4's and safe lifting by bending at the knees, keeping a straight back, using eye contact with their partner and walking sideways whilst carrying the equipment. Teach them to place these items in a safe space in the hall and talk to them about the safe rules of using the equipment (not too many children on the equipment at a time, climbing safely on and off, concentrating whilst on the equipment and only performing movements that they are already confident with). **It is important to get the children to understand the health and safety with gymnastics so spend as much time as you need on this activity. Also, you may choose to select certain children to help set the equipment out.**

Activity 2: Let's now go up into space with Bella: get in the space rocket ready for take off! While we're up in space let's look out for all the different planets.

The children have to now travel around the hall (space) carefully avoiding a collision with any of the planets or items in space. They must carefully go over, under and around the gymnastics equipment using the ways of travelling they learnt in the warm up. Any movements that are not performed with control will end the mission! **Allow the children to travel around independently again giving them individual feedback and support about the quality of their movements.**

Activity 3: Bella is very impressed with the way you've all helped her traveling through space and she'd now like to give out some 'Shining Space Star Awards'.

The children will now choose 2 of their best ways of travelling that they can perform really well. They'll perform these moves at the 'Shining Space Star Awards'. Give children a little bit of time to think about their best ways of travelling and then get groups of children to perform their movements, whilst the others watch and check if they are travelling with control and body tension. If they perform their movements well then, they win a shining space star award and can stand in a star shape to receive a round of applause. **Encourage children watching to comment on what they see and what they like.**

Making The Tasks Easier

- Specify that the children/child have to walk or at least move at a slower pace.
- Choose easier action and ways of travelling.
- Give the child/children more specific feedback and intervention about how to travel safely; (moving one foot then another, keeping their head up to see where they are going, moving at a slow controlled pace)
- Don't get the apparatus out to use if the children are not ready.

Making The Tasks Harder

- Challenge children to change the level, shape or speed they are working at whilst moving.
- Question children about the quality of their own movements and if any improvements could be made. Get children to give feedback to one another on the quality of their movements.
- Link pieces of gymnastics apparatus together for the children to travel over.

Feed Forward Notes for Next Session:

Notes On Individual Children's Needs:		
Names/ Group	Reason	Learning Plan
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