



**FREDDIE**

**Character:** Fast Freddie

**Adventure 1:** Up into Space

**Keywords:** movement, control, co-ordination, turning, awareness, safely, space.

**Link to ELG:** Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Experiments with different ways of moving. (40-60+ months).

**Length of Session:** 45 minutes

**Resources Needed:** balls, bibs, domes and cones.

**Lesson Focus/ Learning Objective**

To be able to travel safely negotiating space.

**Success Criteria**

- To move around the designated space safely.
- To show a good awareness for safety whilst travelling.

## In The Classroom

Explain today's adventure whilst the children are getting changed and which character will be taking us on that adventure... Fast Freddie. See if the children know what Freddie's super powers are and what he will be looking for in our movements. Describe the learning objective and the success criteria. Describe the adventure setting. Today we're going to help fast Freddie by training to become an astronaut and flying in a rocket! Now we're in our rockets we must help him become a better astronaut by listening to the captain's commands. As children are changed, allow them to stand still in a stretch shape just like a rocket whilst waiting for the rest of the children to change.

## In The Hall – Warm-Up

**Activity:** Children you're now an astronaut and you will need to listen to the action and follow the instruction whilst travelling across the solar system.

To warm up position the children in a space in the hall with domes (use the domes to replicate planets in the solar system) spread out sporadically from children to navigate around. Instruct the children to travel around hall using different ways of travelling; (e.g. spacewalk – jogging slowly, alien walk - jumping, spinning planets – tuck position sitting on the floor rotating, meteor – tuck position sitting on the floor, star – stretch shape and rocket 5.4.3.2.1. Blast off! – Running fast). **Praise the children who are travelling with control around the room and using different speeds to run into space. How can we use travelling ways to avoid bumping into other children?**



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## Main Adventure

**Activity 1: Children now you have to use your training to help you avoid being caught by the Grumpy Grizzly bear, he is trying to capture you with his flags.**

Position the children in a space in the hall, looking for their own space and being aware of others. Start the activity with one tagging player (wearing a bright coloured bib and holding another bib in their hand) and then progress to two or more. On the signal from the teacher the tagging player should aim to gently throw the bib towards the waist of the other children. If hit they must stand in a star shape and wait to be rescued by their fellow astronauts. (e.g. children can be released by receiving a high-5 or crawling through their friend's legs).

**Activity 2: Children time to feed your fellow astronauts; throw your food to them to make them happy and watch out for the Grumpy Grizzly he's trying to stop you.**

Children are positioned in a space in the hall. Children (astronauts) must travel around the hall and avoid being caught. Use two taggers (wearing red bibs) whose aim is to freeze the astronauts. Two explorers (wearing green bibs) free the children that have been froze by throwing the food a beanbag to release them back into the game (e.g. they must catch the beanbag and throw it back to be released). **Can children co-ordinate body parts in order to catch the beanbags. Children must use their ability to dodge the taggers, but also not bump into other children. How do you know you're in a safe space? What do you do to avoid being tagged?**

**Activity 3: Children we need to help the astronauts escape from the solar system in our space rockets. Look out for Grumpy Grizzly and avoid being caught by changing direction.** Position the children into small team's sitting behind a brightly coloured hoop. Place 5 hoops in the centre of the hall with 2 children protecting them as tagging players. The children sitting behind the hoop have several cones each and must take it in turns to take one cone and attempt to get their cone in the hoop. If tagged they must return to the start and try again. If a child successfully drops their cone in the hoop they win a point for their team. Continue for one or 2 minutes and rotate taggers. **Which superpower do children need during this activity (dodging, speed, ducking, turning etc.). How did dodging help them to get their cone in the hoop? What did they do if they could see space in front of them?**

## Making The Tasks Easier

- Limit the amount of actions which children have to remember.
- Increase the amount of space children have to move in.
- Condition the taggers so that they can only walk and not run.
- Have fewer taggers to ensure children have more success.

## Making The Tasks Harder

- Reduce the amount of space that children have to move in.
- Increase the amount of taggers children have to avoid.
- Use balls as tagging objects as they are harder to avoid.

**Feed Forward Notes for Next Session:**

**Notes On Individual Children's Needs:**

<b>Names/ Group</b>	<b>Reason</b>	<b>Learning Plan</b>