



**FREDDIE**

**Character:** Fast Freddie

**Adventure 4:** In the Jungle

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

**Link to ELG:** Travels with confidence and skill around, under, over and through balancing and climbing equipment. (40-60+ months).

**Length of Session:** 45 minutes

**Resources Needed:** balls, bibs, beanbags, non-slip spots and cones.

**Lesson Focus/ Learning Objective**

To improve our ability to balance successfully.

**Success Criteria**

- To use our arms to help us gain balance.
- To focus their eyes on a point.
- To hold a balance

### In The Classroom

Explain today's adventure whilst the children are getting changed and which character will be taking us on that adventure... Freddie. See if the children can remember the learning focus from the last adventure and how this can help with balance (moving in a controlled and co-ordinated manner). Ask the children why they think balance is important for Fast Freddie. Describe the learning objective and the success criteria. Describe the adventure setting. Today we are going to help by joining him on an adventure in the jungle! Now we are on the in the jungle we must help him become a great explorer by listening to the tour guides instructions. **As children are changed allow them to practice balancing on their tiptoes and holding still with body tension whilst waiting for the rest to change.**

### In The Hall – Warm-Up

**Activity:** Children we have entered the jungle and are going to explore all of the animals who live here. How many can you remember? Firstly, children we need to explore the animals that live in the jungle. Listen out for the tour guides instructions! Position the children in a space inside the hall; children must respond with the action corresponding to the actions of a particular animal; (e.g. 1 - Flamingo where children balance on one leg, 2 - Snakes where children crawl around the area, 3 - Elephants where children stomp around the area, 4 - Cheetahs where children sprint around the area). **Ask the children how they can use different levels, speeds, shape and pathways whilst travelling?**



## Main Adventure

**Activity 1:** Children lots of animals have very good balance and it is used commonly for hiding. Can you practice balancing and hiding from the Grumpy Grizzly bear deep in the jungle? Try not to wobble or else he might spot you! Children are positioned in a space in the hall standing still. Place spots around the hall for children to move on to. The teacher should instruct the children travel around the hall (avoiding the spots). When the teacher shakes the tambourine that means the Grumpy Grizzly is coming, so the children have to find a spot to balance on and make sure they are really still, so the Grumpy Grizzly doesn't spot them. To make the game harder you can ask the children to move by hopping or use different coloured spots to represent different balances. **(Child's name) is showing a good balance they are holding their bodies still with good body tension and control. They are not wobbling and they are using their eyes to focus on a point on the ground. Why do you think you are managing to balance really well? What is stopping you from wobbling whilst you balance? Ask the children what they need to be looking for whilst travelling in the hall (Spaces not running into other children).**

**Activity 2:** Children we now need to take all of the food supplies back to the camp, they need to be put in the correct hoops for storage. Divide the children into small teams, starting the game with the children sitting in a line behind a different coloured hoop in the corner and sides of the hall (e.g. red, blue, yellow and green, ensure they have enough turns, so we recommend several small groups). Position a bucket of beanbags in the centre of the hall and one by one the children have to retrieve a beanbag and return it to their hoop (children remember to only take one beanbag at a time). Let's try and keep our heads up and looking forward so we can see when it is our turn to go. If you ask the children to balance the beanbag on their head while travelling this will help them to keep their head up. You can vary the game by bringing back the same coloured beanbag as our team (e.g. red, blue, yellow etc.). **Praise children who demonstrate good spatial awareness whilst travelling in and amongst other children showing good signs of agility. Where do we need to be looking in order to successfully balance the beanbag? Children should keep their head still using body tension and balance.**

### Making The Tasks Easier

- The children can perform balances with a wide base or support from TA.
- Children can use their hand to help balance the bean bag on their head.

### Making The Tasks Harder

- Challenge the children to balance the bean bag on different parts of their body.
- Increase the amount of taggers children have to avoid.
- Use curved domes rather than spots for children to balance on.

## Feed Forward Notes for Next Session:

### Notes On Individual Children's Needs:

Names/ Group	Reason	Learning Plan

