



**FREDDIE**

**Character:** Fast Freddie

**Adventure 7:** Off to the Racetrack

**Keywords:** change direction, control, space, co-ordination, turning, awareness, dodge, agility, speed

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

**Length of Session:** 45 minutes

**Resources Needed:** beanbags, bibs, hoops, cones.

**Lesson Focus/ Learning Objective**

To be able to adjust speed and direction to avoid obstacles.

**Success Criteria**

- To be able to adjust speed whilst running.
- To be able to change direction with control.
- To be able to follow different pathways to avoid obstacles.

## 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 know what Fast Freddie's super powers are and why speed is important for Fast Freddie. Introduce vocabulary such as agility and explain to the children that for today's adventure we will need to change directions by turning at speed. Describe the learning objective and the success criteria. Describe the adventure setting. Today we are going to help by joining him at the racetrack and becoming a racing driver! Now we are in our cars we must help him become a better racing driver by listening to the driving instructor's commands. **As children are changed ask them to sit with somebody and discuss what they learnt last week about speed and avoiding bumping into other children.**

## In The Hall – Warm-Up

**Activity:** Firstly, children we've got to get our race cars towed to the racetrack in our truck and trailer. Start with all children standing against one side of the hall. Children pair up with one child standing about 3 feet in front of the other. The front child is the truck; the child behind them is a trailer. When the teacher shouts 'traffic jam', everyone checks to see if they are still within three feet of the other child. Those who aren't have to sit down and become obstacles in the road. The aim is for the children to run from one side of the hall to the other, when they reach the end the trailer and truck swap over. To make it more challenging you can have the children moving all around the hall, rather than one side to the other. **Feedback to the children that are showing good concentration and staying close to the truck. How does the trailer know what speed to go and direction?**

## Main Adventure

**Activity 1:** Well done children, we're nearly at the racetrack we've just got to get through the town and there are lots of traffic lights to negotiate. Children are positioned in a space in the hall and must successfully negotiate space and following the commands of the teacher. Children are shown three coloured cones; each cone represents a colour on the traffic lights. When the green light is shown children must run. When the amber light is shown children must jog on the spot, ready to go. When the red light is shown children must stop and stand still. **How does our body feel after we have been running for a while? How can we save some of our energy?**

**Activity 2:** We are testing our cars around the racetrack and there is a bumper car on the loose trying to bump into our cars, we need to escape from it. Children are positioned in a space in the hall and must negotiate space successfully; children must keep their head up and look forwards in order to avoid being tagged by two other children, who are the taggers (the bumper cars). Once the children get tagged they then have to stand still in a star shape and wait for another child to come and mend their car. They will be free to go again, as soon as one of the children has given them a high 5. **(Child's Name) your showing really good control and speed whilst running and changing direction well to avoid being caught.**

**Activity 3:** Children we've had a set of new tyres fitted to our race car and we need to test them out with some short sprints. Put the children into small groups to practise some relay races. Make sure the children get lots of goes, so have plenty of groups. The children will run from one side of the hall to another side. At the end of the hall put some beanbags for the children to collect, they must take one at a time. For every beanbag they collect they will get extra fuel to put in their tank. The children will do this for 2 minutes and then see which group have collected the most beanbags. **How did you use your speed? What are the main things you have learnt in order to be fast?**

### Making The Tasks Easier

- You can use a hoop for truckers and trailers to keep the children close.
- Put children with similar ability together.
- Reduce the number of children tagging.

### Making The Tasks Harder

- Reduce the amount of space the children have to move in.
- Get the children to sprint for longer.
- Increase the number of tagging players.
- Increase the number of instructions for children to follow.

## Feed Forward Notes for Next Session:

### Notes On Individual Children's Needs:

Names/ Group	Reason	Learning Plan