**Foundation Stage / Early Level Balance**

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| TOPIC – Transport | | | | |
| RESOURCES- Cones, Mini Yo! cards, Animal cards, Music, Tape | | **MAIN SKILLS** – Balance  **SUB SKILLS** – Crawl, Walk | | |
| EYFS & LEARNING OUTCOMES:   * Can stand momentarily on one foot when shown, moves freely and with confidence. * Negotiates space successfully when playing racing and chasing games, adjusting speed or changing direction * Experiments with different ways of moving. | | | | |
| ADDITIONAL EYFS AREAS OF DEVELOPMENT  Knowledge and Understanding the world: learning about transport  Physical Development: learning how I can balance myself and objects  Expressive Arts and Design: movement to music | **DISCUSSION POINTS**  What different types of transport is there?  How do we get to school?  How can we travel to another continent?  In what ways did we move?  What parts of our bodies can we balance on? | | | |
| WARM UP – TOILET TAG  Start with one tagger and everyone else spreading out in the area. Every time the tagger tags someone, they should stand like a toilet with their hand as the handle. To be released someone has to “flush” the toilet and they continue with the game. The tagger has to get as many as they can in 30 seconds. Eventually the toilets need to try stand on one foot until they have been “flushed”. | | | | |
| ACTIVITY 2 – BUS BALANCE  Place a markers and beanbags around the area. Children to pretend they are passengers and they are buses. Get children to perform a range of balances using the markers and beanbag on different body parts, e.g. 1) Marker or beanbag on head walking forwards, backwards & side to side, 2) Markers and/or beanbags on head & arm, 3) Markers and/or beanbags on head, arm, & back of neck, 4) Marker on head & foot. This will be them transporting the passengers. | | | Differentiation   * Marker/Beanbag balance in pairs * Move whilst balancing markers and/or beanbags on body parts * Hold the balance for longer - HARDER or shorter time - EASIER | |
| ACTIVITY 3 – TRACTOR CRAWL  Create 3 big shapes spaced out on the floor using tape. (Square, zigzag and straight line) Start by getting the children to be tractors, crawl around a field on their hands and feet. Next, spilt them into 3 groups and have them crawling along the lines in their shape, “around their field” without falling off it. Rotate the groups around the 3 shapes. | | | | Differentiation   * Crawl backwards, in reverse * Add bridges (cones) to crawl over * Craw on knees to make it easier |
| ACTIVITY 4 – FLYING BALANCE  Get children to move around to music like aeroplanes in the air. As soon as the music stops they music freeze and be in a balanced position, i.e. on one leg, on one leg and hand, on bottom, etc. This is when they have landed. Next, when the music stops, shout body parts and children must get into that position, i.e. 1 foot, 1 hand or elbows and knees, etc. | | | Differentiation   * Balance in pairs * Balance with an object, (cones, bean bag, ball) | |
| COOL DOWN – BUILD A TRAIN  Ask children to walk around the area on their own (you can play music in the background). On your command, they should find a friend to pair with (one behind the other, holding onto the other child’s shoulders). The pair continues to walk around as a train - on the leaders command the pair find another train (so there’s 4 people as a train) and so on until they form one big train. | | | | |