

Individual Activity Lesson Plan

Date: Friday 1st May 2020

Activity Title: Mermaid and Friends' Movements

Learning Intention: To experiment with different ways of moving.

Activity Overview:

Move in a variety of ways related to habitats of an under the sea kingdom.

Links to EYFS:

- Moves freely and with pleasure and confidence in a range of ways.
- Responds to instructions involving a two-part sequence.

Equipment:

- Comfortable clothes

Key vocabulary:

Stretch, move, wiggle, breathe in, lift, move backwards, move sideways

ACTIVITY IMPLEMENTATION (including key questions)

Introduction:

- As a little warm up, encourage your child to join you with some spontaneous dancing whilst listening to the 'Under the Sea' song.
<https://www.youtube.com/watch?v=nQV7DKBqGdk>
- You can invent different movements and ask your child to copy you, then swap places following your child's lead.

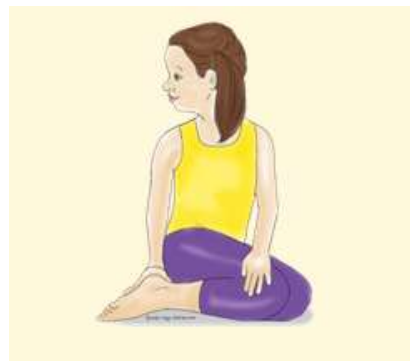
Main Activity:

- Explain to your child that you are going to be practising different ways of moving whilst following instructions.
- Make sure that there is enough space for both of you to exercise comfortably.
- Model the activity for your child, verbalising every step if necessary.

Exercise Examples:

1. Pretend to be a Mermaid sitting on the rock. Sit on your heels; keep your toes and knees together. Straighten your back, slowly breathe in and out. (**Hero pose**)
2. Pretend to be a Mermaid treading water. Come up to stand on your knees, straighten your back again, arms resting by your side and move your shoulders slightly. (**Kneeling pose**).
3. Lie down on your tummy, spread your arms in front of you, bend your knees, moving your legs back and forth, swimming like a Mermaid.
4. Lie down on your tummy again, put your hands by your side, lift your chest and your legs, trying to keep them as straight as possible. Pretend to be a Mermaid gliding through the water (**Locus pose**).
5. Sit down, put your hands behind your back on the floor. Lift your bottom up and walk like a crab – sideways and backwards.
6. Stand up straight, spread your arms and legs, pretending to be a starfish.
7. Wobble your body like a jelly fish.
8. Lie down on the floor again, pretending to be a mermaid resting on the beach. Stretch out your legs and arms, breathe and rest.

You can also listen to relaxing ocean related sounds during your exercise



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session. Click on the link below.

https://www.youtube.com/watch?v=Xn8tufsbSz0&list=RDxN8tufsbSz0&start_radio=1&t=12917

Additional ways to support your child:

Model each movement for your child. If possible carry the exercise out in front of a mirror, so your child can look and adjust the different positions their body is in.

Extension:

Ask your child to think of their own favourite book characters and challenge them to create their own set of movements independently (pirates, superheroes, etc.) You could take a photo to capture each movement.