

Individual Activity Lesson Plan

Date: Thursday 28 th May 2020	
Activity Title: Ladder Jumping Game	
Learning Intention: Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.	Activity Overview: The children will try jumping along a 'ladder' on the floor.
Links to EYFS: Physical Development: Moving and Handling: 30-50 months.	
Resources: <ul style="list-style-type: none"> Chalk (you could also use string, rope, masking tape or similar) to mark out the ladder shape 	Key vocabulary: Jump, ladder, 1, 2, 3, 4, 5, ready steady go, try, along, over, big, little.
ACTIVITY IMPLEMENTATION (including key question)	
<p>Introduction:</p> <ul style="list-style-type: none"> Create the ladder on the floor and invite your child over. Explain that it's a firefighter's ladder and ask them if they can jump along it. (Many of the children have joined in with a similar activity in their PE classes at Clowns). <p>Main Activity:</p> <ul style="list-style-type: none"> Support your child in jumping along the ladder, encouraging them to jump once into each space. Your child may want to hold your hand to feel confident in trying this. Try making up a scenario such as "we need to put out the fire over there, quickly jump along the ladder!" You could add something at the end of the ladder to represent a hose that they can use to pretend. <p>Activity review:</p> <ul style="list-style-type: none"> Praise your child for joining in and trying. "Well done, I can see you tried really hard to jump all the way to the end." "Did you put the fire out? Does it need more water?" "Did you enjoy the activity today?" 	
<p>Additional ways to support your child: Demonstrate how to jump along the ladder. Try taking turns or asking another family member to join in too.</p>	<p>Extension: Add numbers to each space and ask your child to count their jumps as they move along. Ask your child to try hopping along the ladder on one leg (you can offer your hand for support).</p>

