

Individual Activity Lesson Plan

Date: Monday 29 th June 2020	
Activity Title: Life Cycle of a Frog Yoga	
Learning Intention: Moves freely and with pleasure and confidence in a variety of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.	Activity Overview: The children will try out a range of movements and poses to represent the life cycle of a frog.
Links to EYFS: Physical Development: Moving and Handling	
Link: Cbeebies/Come Outside: Life Cycle of a Frog: https://youtu.be/lxISGf9_amA	Key vocabulary: move, pose, crouch, stretch, balance, hop, jump, big, small, wiggle, frog, tadpole, frogspawn, grow, change.
ACTIVITY IMPLEMENTATION (including key question)	
<p>Introduction:</p> <ul style="list-style-type: none"> • Talk briefly with your child about the life cycle of a frog. Refer to the video link above to support your child's understanding. • Explain to your child that you will both do some movements and poses together to act out the frog's life cycle. <p>Main Activity:</p> <ul style="list-style-type: none"> • Curl up small on the ground to pretend to be an egg/frogspawn. • Begin to stretch out on your front and wiggle like a tadpole – you could also do this standing up. • Crouch down and pretend to be a frog – try hopping! • Can you think of any other poses or movements that could represent an egg, tadpole or frog? How do the tadpoles arms and legs grow? • Talk through the movements using key words to link them to the topic. <p>*Can your child recognise their body parts? *How many of the words can your child repeat? *How did your child find the yoga lesson?</p> <p>Activity review:</p> <ul style="list-style-type: none"> • Can your child tell you the life cycle of the frog in sequence? • Ask your child to create some poses for you to copy this time. 	
<p>Additional ways to support your child: Play some calming music in the background to set the mood and help your child focus.</p>	<p>Extension: Cosmic Yoga: Frank the Frog: https://youtu.be/TY8xx7c6_z0</p>