

Individual Activity Lesson Plan

Date: Wednesday 17 th June 2020	
Activity Title: Jungle Obstacle Course	
Learning Intention: Moves freely with pleasure and confidence in a range of way, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping	Activity Overview: The children will learn to be able to negotiate space successfully, adjusting their speed or direction to avoid obstacles.
Links to EYFS: Physical Development	
Resources: Blankets Towels Chairs Rug, materials, sheets Stuffed toys Tape/ string	Key vocabulary: Leap, crawl, step, hop, jump, listen, instructions, fun, catch, build, construct, listen, safety, careful, space, obstacle,
ACTIVITY IMPLEMENTATION (including key question)	
<p>Introduction: Prepare your obstacle course (your child can help) to resemble some of the things you might find in a jungle</p> <ul style="list-style-type: none"> • Quicksand – Set a blanket across a section of a room for your child to leap over • Poisonous vines – Tape a towel in a doorway for your child to crawl under • Bat Cave – Bring together a few chairs and throw a blanket over them for your child to crawl under • Crocodile territory- Lay some tape on the floor or a piece of string and warn your child not to step of the tape/ string onto the floor • Spider nests – A heap of tape or string for your child to hop over • Piranha pond- Lay a rug or piece of material on the floor for your child to jump over • Hungry jungle creatures – Line up stuffed toys along the course for your child to avoid <p><i>These are just guidelines, you can use anything in your home to make obstacle courses, any set up which encourages your child to experiment moving in different ways. Make it fun (play some jungle themed music) and even join in with the game</i></p> <p>Use this opportunity to answer any questions that they may now have. Challenge your child by asking them questions also</p> <ul style="list-style-type: none"> • Do they know what is in front of them? • What can you see together? • Where can you find all these animals? <p>Main Activity: Explain to your child that they will be exploring the Jungle today and will have to move around in different ways to be able go through it. Set instructions for your child telling them what you would like to do. Explain what each area is before your child explores it</p>	



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'This is the bat cave. Jungle bats live here. To get to the other side of the Jungle you need to crawl through it'. Encourage your child to then crawl through the chairs...

'Wait! This is quicksand. Don't step on it. To get through this we will need to leap'. Encourage your child to then leap over the blanket without touching it. You may repeat this process a few times for practise if you wish

Encourage your child to explore what is on offer encouraging them to navigate and move their bodies in different ways

- Can you crawl under the table?
- Can you jump over the pond?



Challenge:

Encourage your child to go through the obstacle course again. Can they find new ways to get through it? Can they roll under the poisonous vines or hop over the piranha pond?

Additional ways to support your child:

Role model the activity and complete the obstacle course together with your child. Give them a helping hand to get through some of the obstacles

Extension:

Set up an obstacle course in the garden (weather permitting) if you don't have sports toys like balls, hoops, tunnels etc. Use whatever you have in the garden, planks of wood, logs, table, chairs, blankets, cardboard boxes