

P.E Foundation Stage Unit 2 Movement 2

At the park

Session 3 Greeting a friend



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 **30 mins**

Age

4 years

Early learning goals

ELG 01, ELG 02, ELG 04, ELG 05, ELG 06, ELG 08,
ELG 12, ELG 14, ELG 16, ELG 17

Learning objectives

- To learn to work with a partner.
- To move in different directions.

Resources

- CD player
- **Dance CD** tracks 18, 19, 20, 21 and 22
- tambour
- **Interactive CD Image Gallery: Page 5, Slide, monkey bars and swings**
- **Interactive CD Image Gallery: Page 6, Open space**

Vocabulary

affection, backwards, cool-down, copy, excitement, follow, forwards, happiness, lead, sideways, stretch, warm-up

Learning Journey

Step 1

Manage body to create intended movements

Waves to partner

Step 2

Sit up, stand up and balance on various parts of the body

Chooses to sit or stand to greet partner

Step 3

Show increasing control over clothing and fastenings

Changes clothes for session

Step 4 (Goal)

Move with control and coordination

Matches greeting gestures with expression. Moves with a partner, forwards and sideways

Warm-up

- Ask the children to sit near you. Show them the photographs of play areas in the park from **Interactive CD Image Gallery: Pages 5 and 6**.
- Ask the children to stand up and copy you as you remind them of the following actions from sessions 1 and 2.
- Ask them to follow you as you walk up the steps and slide down the slide. Remember to freeze and change direction by turning to walk to another slide.
- Stretch up and go along the monkey bars, turn and swing back across the monkey bars. Encourage the children to count with you: 1, 2, 3, 4, 5, 6, 7, turn, 1, 2, 3, 4, 5, 6, 7, 8.
- Ask them to copy you as you walk forwards and backwards on the swing. Count forwards, 2, 3, back, 2, 3. Use a tambour to help with the beat.
- Ask the children to sit in a space. Choose a partner and ask them to stand up. Demonstrate how you can greet a friend at the park. Show the children how to greet with a gesture, for example, a wave, a handshake or a bow.

- Put the children in pairs. Ask them to sit in their pairs. Make a note of the partners. Tell the children that they have met a friend at the park. Ask:

Key questions ?

How do you feel?

Are you happy to see your friend?

Can you show a happy face?

- Ask the children to practise greeting their partner with a wave or a bow. The children can sit or stand.
- Choose a child to help you demonstrate the next movement. Hold your partner's hand and take them for a walk around the park. Remember to walk in different directions by freezing and turning to change direction. Try walking forwards and sideways.
- Tell the children to greet their partner and remember to smile or show excitement. They might point out to their partner what they can see at the park.
- Tell the children that one child in each pair should lead their partner around the park, going forwards and sideways. Then tell them to change leaders.
- Ask the children how they feel. Tell them that being active and taking exercise is good for them. Give the children time to recover by sitting quietly.

Dance to the music

- Ask the children to sit with their partner. **Play Track 21:** 'Greeting a partner' and **Track 22:** 'Walking with a partner'. These tracks go with the actions that the pairs have just practised. Ask them to imagine (or gesture) what they will do as they listen to the music.
- Ask the children to sit or stand ready to greet their partner. Let them dance to **Track 21** and **Track 22**. Repeat this several times. Encourage good facial expressions. Remind the children to keep in a space as they dance.

- Now ask the children to sit on their own in a space. Explain that they are going to perform the dance from the beginning with the music. Play **Tracks 18 to 22**. As the music plays remind the children of the actions. Encourage them to make good use of space, change direction and keep in time with the music, especially on the swing.
- Towards the end of **Track 20:** 'On the swings', warn the children that the partner work is coming up. Ask them to keep an eye out for their partner (or you could pause the music while they find each other).
- If there is time, perform the dance again. Always praise the children for their movements individually, in pairs and as a group.

NB: You could repeat this session to practise the movements further, or split it into two sessions.

Assessment opportunities

- *Do the children use appropriate expressions?*
- *Can they find their partner?*
- *Do they keep in time to the music?*

Cool-down

- Ask the children to lie in a space with their hands and feet on the floor.
- Ask them to relax completely as if in a deep sleep. Let them relax for a minute.
- Say each child's name quietly. When they hear their name they must get up very slowly and creep over to line up.