

Moving Things

Activity – Playdough

Key areas of learning:

- Science
- Communication

What you will need:

- Flour, salt, cream of tartar, oil, food colouring, hot water, bowl, spoon

Keywords:

- Oil, Water, Salt, Flour, Food Colouring, Cream of Tartar
- Cutters, Rollers, Scissors
- Press, Squeeze, Mix, Pour, Knead, Roll, Stretch

What to do:

Follow simple recipe below to make playdough.

Playdough can be stored for up to a month in a tightly sealed container.

Encourage pupils to mix ingredients independently and comment on changes during the process.

Extension:

- Make lots of playdough to create opportunities to develop gross motor skills.
- Use food colouring to colour dough. Ask questions to promote communication e.g. What colour do you want to use? What colour will you get if you mix yellow and blue?
- Use the attached communication board whilst playing with playdough to comment.

Attachments:

- Playdough recipe
- Playdough commenting board
- Playdough play commenting board



Playdough



recipe

2



2 cups



flour



1/2 cup



salt

2



2 tbsp



oil

2



2 tbsp



cream of tartar

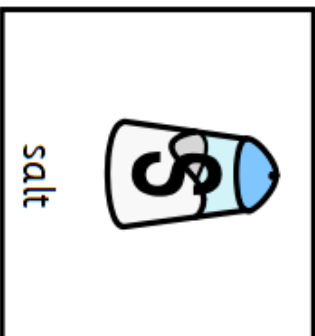
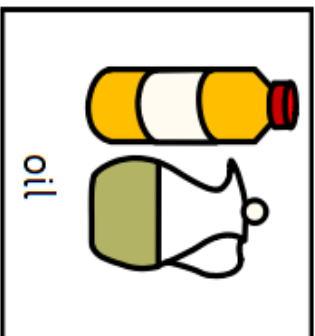
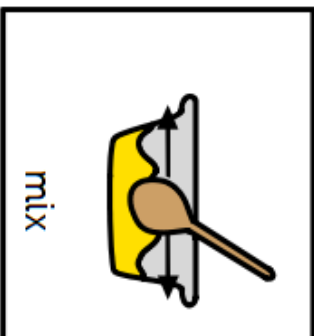
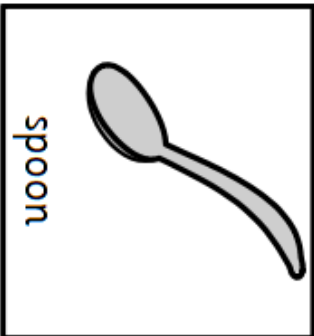
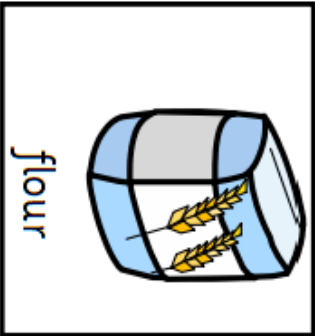
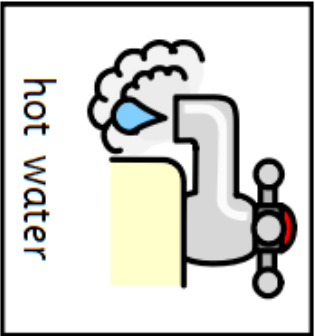
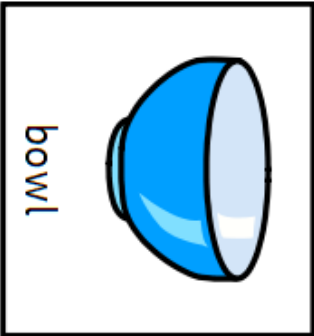
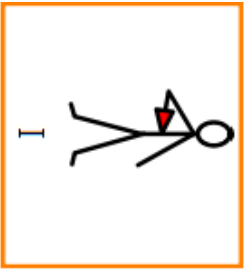
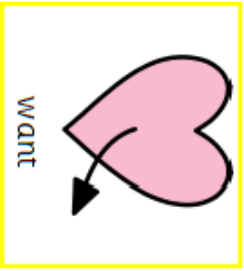
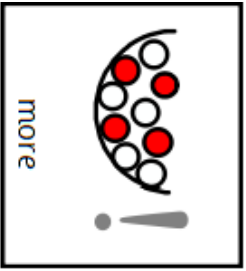
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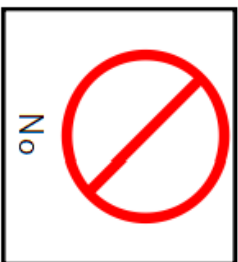
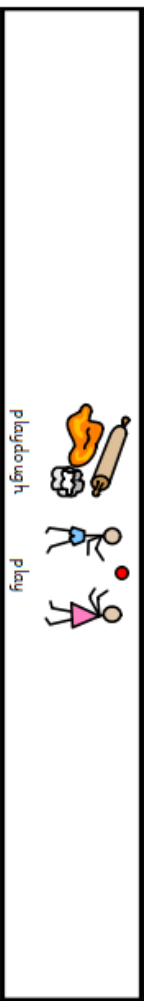
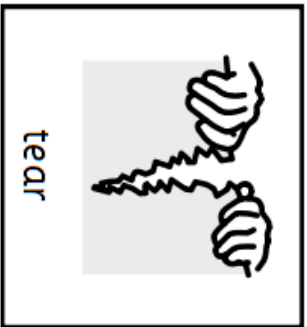
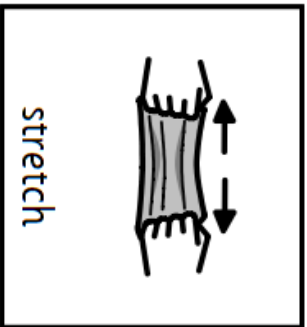
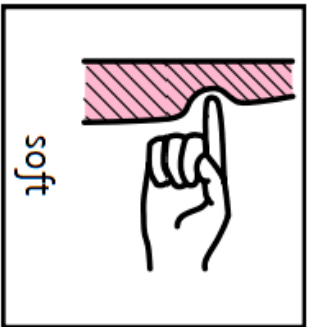
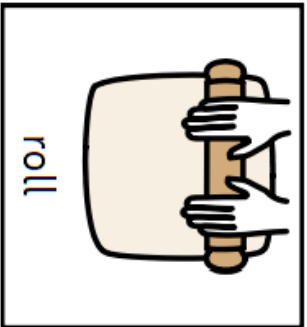
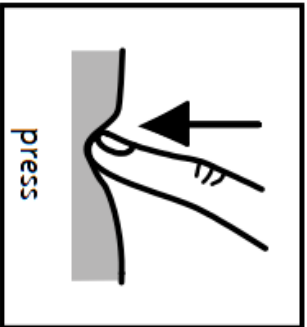
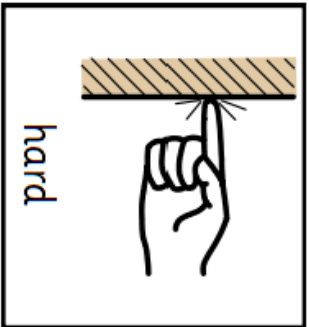
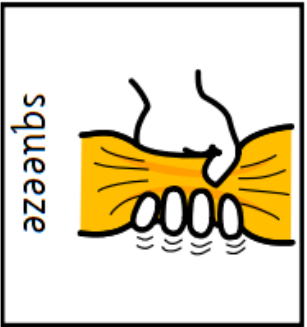
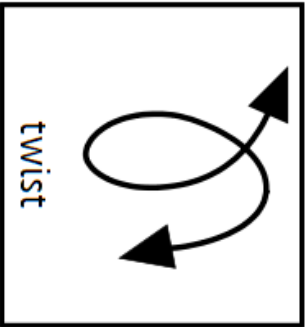
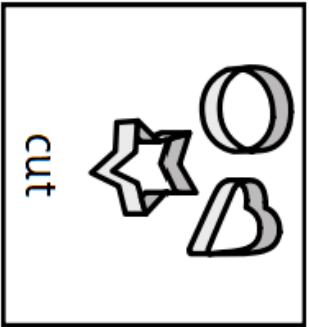
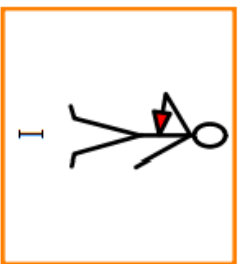
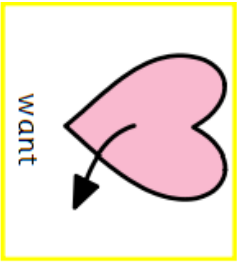
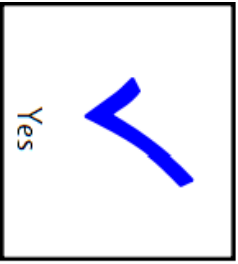
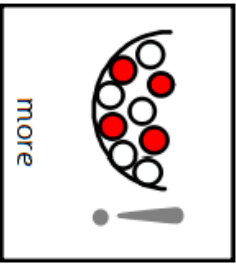


1 cup



hot water





Moving Things

Activity – Body Awareness Songs

Key areas of learning:

- **Music**
- **P.E.**
- **Communication**

What you will need:

- Song sheets (see below)
- Songs: 'If You're Happy and you know it...'
- 'Head..Shoulders, Knees and Toes...'
- 'I've Got the Body'

Keywords:

- Names of body parts
- Actions e.g. stamp, clap, nod

What to do:

- Join in with singing songs relating to topic
- Children to participate in activity with various degree of support/ independently
- Children to demonstrate attention and anticipation
- Children to identifying body parts and actions they can do

Extension:

- Find different body songs on Youtube
- Participate in exercise videos on Youtube

Attachments:

- **Song sheets below.**



Head



Shoulders



Knees

+

and



Toes



Head



Shoulders



Knees

+

and



Toes,



knees

+

and



toes



Head



Shoulders



Knees

+

and



Toes,



knees

+

and



toes

+

and



eyes

+

and



ears

+

and



mouth

+

and



nose



Head



Shoulders



Knees

+

and



Toes,



knees

+

and



toes

If you're happy and you know it ...

If you're happy and you know it clap your hands

If you're happy and you know it clap your hands



If you're happy and you know it and you really







want to show it

If your happy and you know it clap your hands.

Use other parts of the body e.g. nod head, stamp







feet, touch knees, wiggle nose etc.

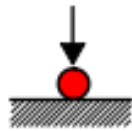
    
I've Got A Body Action Song

     
I've Got a body, a very busy body,

    
And it goes everywhere with me!

      
On my body, I've got some hands,

     
And they go everywhere with me!



With a clap, clap here, clap, clap



there,



Clap, clap , clap , clap everywhere!



I've got a body, a very busy body,



And it goes everywhere with me!



(repeat



with



different



body parts

e.g.

e.g.



stamping



feet,



nodding



head,



clicking



tongue,

shushing



lips,



blinking



eyes

etc.)

Activity – Looking after our bodies

Key areas of learning:

- Aware that movement/ exercise is good for you – Biology/PSHE
- Objects can move in different directions – Physics

What you will need:

Food symbols

Music speaker, Bean bags, Healthy and unhealthy twinkl sheets, string , Laptop or timer

Keywords:

Fast / Slow

Up and down , Healthy and Unhealthy

What to do:

- 1) Using a Just Dance on YouTube on a laptop/ alternatively doing head, shoulders knees and toes get the child warmed up using stretches such as making circles with arms and getting them to touch their toes
- 2) Get two symbols- one for healthy and one for unhealthy and stick them on the floor
- 3) Have a timer of 10 mins to get the symbols of different food to the healthy vs non healthy pile- mix it up with some food

Extension:

Throwing the bean bags into the different circles made out of string

Attachments:

Just dance link-

https://www.youtube.com/results?search_query=Just+dance+

<https://www.twinkl.co.uk/resource/t3-s-127-workstation-pack-healthy-eating-activity>

Activity – Twister

Key areas of learning:

- Copying movements for a dance – Communication focus

What you will need:

- Colouring pens
- White mats
- Laptop
- Cardboard
- Scissors
- Selotape

Keywords:

Red, Blue, spin ,

What to do:

- 1) Cut a large circle out of cardboard and use colouring pencils to colour different colours/ use a laptop
<https://wordwall.net/resource/6636484/color-wheel>
- Version of twister – moves – create a spinner with a piece of cardboard and use felt tips/ paint to colour the different dots around the floor. Use paper and sellotape it to the floor.
- Get the child to move to the colour of the spinner with a diagram of an exercise so for example star jumps x10 for blue
- Model the exercise first and see if the child can copy so for example doing 10 jumps
- Play this for 3 songs- child gets to choose
- Then using Makaton point to 3 colours and see if they can sign what they do on this one
-

Extension:

- Putting the colours together in hop scotch – to become more like a dance routine so have each colour in a line and the child has to dance/ do the exercise routine that is requested. – Selecting the direction on a choice of three and see if they can use Makaton for I am going left

Attachments:

- Exercise symbols and symbols