

Outdoor Learning Experience (4 to 6 years old)

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| Learning Experience: Balance, twist, turn and stretch | Shared by: Miriam Lee, Lim Tong Hai |
| Environment: Neighbourhood surrounding preschool | Estimated time: 30 minutes |
| Children's prior knowledge: <ul style="list-style-type: none">• Children have basic experience in underarm rolling and overarm throw. | |
| What children will experience (NEL Learning Areas): <p>Motor Skills Development (Gross Motor Skills):</p> <ul style="list-style-type: none">• Children will learn to balance, twist, turn and stretch as they explore a variety of ways to create different shapes with their bodies. <p>Discovery of the World:</p> <ul style="list-style-type: none">• Children will learn to observe and become more aware about things that are found in the neighbourhood surrounding their school. <p>Social Emotional Development:</p> <ul style="list-style-type: none">• Children will work with peers to create different shapes using their bodies. <p>Aesthetic and Creative Expression:</p> <ul style="list-style-type: none">• Children will use their imagination as they manoeuvre their bodies individually or with their peers to create various shapes. | Suitable for: <ul style="list-style-type: none">• 4 to 6 years old |
| What you will need: No resources required | Benefit-Risk Assessment: <u>Benefit:</u> <ul style="list-style-type: none">• Children will develop body awareness as they learn to balance, twist, turn, stretch while using their observation skills to become aware of the surroundings. |

Risk:

- Uneven ground or hazardous items, such as sharp or breakable items, found on the ground.

Management:

- Do a visual scan of each location to ensure space is safe for children to carry out the activity.

How to make it happen:

1. Bring children on a walk around the neighbourhood.
2. Play the game "I Spy":
 - The teacher or chosen child to lead the activity spots an object and says "I spy with my little eye something ... (say colour)".
 - Other children guess the object he is looking at.
 - For example, "I spy with my little eye something white" ... other children guess... If the children are not able to guess it, teacher/leader provides the answer "it's a Chair".
3. Children will then have to balance, twist, turn, bend etc. their bodies to create a shape that looks like the object (e.g., a chair). Objects can be a living or non-living thing.
4. Activity can be done individually or in pairs or threes depending on the object shape (teacher to specify).