

Outdoor Learning Experience (4, 5 and 6 years old)

Learning Experience: Lines, Lines Everywhere!	Shared by: Janeth Ng
Environment: Basketball court with lines	Estimated time: 40 minutes
Children's prior knowledge: <ul style="list-style-type: none">• Children are able to demonstrate the following gross motor skills, i.e., running, galloping and static balance.	
What children will experience (NEL Learning Areas): <ul style="list-style-type: none">• Children will explore moving along different pathways safely with friends in a given space <p>Motor Skills Development:</p> <ul style="list-style-type: none">• Children will demonstrate control, coordination and balance in gross motor tasks• Children will develop body awareness: Locomotor and Non-locomotor skills <p>Social and Emotional Development (SED):</p> <ul style="list-style-type: none">• Children will communicate, interact and build relationships with others• Children will work and play cooperatively in a group	Suitable for: <ul style="list-style-type: none">• 4 to 6 years old
What you will need (for a class of about 20 children): <ul style="list-style-type: none">• Whistle	Benefit-Risk Assessment: <p><u>Benefit:</u></p> <ul style="list-style-type: none">• Children to practise locomotor and non-locomotor motor skills and learn how to work with others in moving together safely <p><u>Risk:</u></p> <ul style="list-style-type: none">• Potential safety issues/hazards in the environment• Collision among children while moving

Management:

- Scan the venue to ensure it is free from potential hazards such as sharp objects, pot holes, broken tiles or insects
- Remind the children to look out for each other as they move in the space

How to make it happen:

1. Conduct a warm-up before the start of the activity.
2. Have the children explore running, galloping, hopping and other locomotor movements around a given space e.g., half a basketball court. When they hear a whistle, they are to pause and balance on one leg like a statue.
3. Introduce the terms “straight lines” and “curved lines”. Highlight the lines on the basketball court and invite the children to **gallop along the straight lines** and **run along the curved lines**. When they hear a whistle, they are to pause and balance on one leg like a statue. (Note: The selection of these 2 gross motor skills is intentional to reduce the chance of collision among children during the activity. Children are to gallop on straight lines as galloping is relatively a slower motor movement than running. In moving along a curved line, the speed of running will be generally reduced.)
4. Organise the children in pairs and have them decide who to be the leader first. Have the children explore galloping and running along straight and curved lines respectively with one leading and the other following behind. Remind the children that they have to wait for each other while moving in pairs. When they hear a whistle blow, they are to pause and each of them balance on one leg holding each other for support.
5. Get them to take turns to lead and repeat the activity of moving along the straight and curved lines in pairs. Again, have them to balance on one leg while holding each other for support when they hear the whistle.
6. Gather all children and get them to reflect on the activity. Ask the following questions:
 - Was it easy to move alone or with a friend? Why do you say so?
 - Was it easy to move with a friend? What did you do to help the two of you to move together?
7. Highlight to the children the importance to work with others e.g. slow down when they move too fast, hold each other for support and better balance.
8. Conduct a cool down activity before the end of the activity.