

Outdoor Learning Experience (4 to 5 years old)

Learning Experience: One More, One Less	Shared by: Hamidah Juhan		
Environment: Badminton Court	Estimated time: 60 minutes		
Children’s prior knowledge: <ul style="list-style-type: none"> • Children are able to identify number 1 to 10. • Children are able to rote count forwards and backwards (1 to 10). • Children are able to throw a ball using underpass. 			
What children will experience (NEL Learning Areas): Language and Literacy: <ul style="list-style-type: none"> • Children will ask simple questions, follow simple rules and instructions to play the game. Numeracy: <ul style="list-style-type: none"> • Children will use ‘one more’ and ‘one less’ for quantities up to 7. Motor Skills Development: <ul style="list-style-type: none"> • Children will dribble an object with a long implement along a zigzag line. Pass the ball in a row using underpass. Walk with a ball in between the knees. Social Emotional Development: <ul style="list-style-type: none"> • Children will take turns with others. 	Suitable for: <ul style="list-style-type: none"> • 4 to 5 years old 		
What you will need: <table border="1" data-bbox="145 1177 1227 1425"> <tr> <td data-bbox="145 1177 689 1425"> <ul style="list-style-type: none"> • 1 long implement (e.g. pole) • 1 tissue box • 6 big cones • 4 small cones • 1 ball • 3 hula hoops </td> <td data-bbox="689 1177 1227 1425"> <ul style="list-style-type: none"> • Counters (leaves, bread tags, bottle caps etc) – 3 sets • ‘1 more’ and ‘1 less’ word cards – 3 sets • Number cards (1 to 7) – 3 sets </td> </tr> </table>	<ul style="list-style-type: none"> • 1 long implement (e.g. pole) • 1 tissue box • 6 big cones • 4 small cones • 1 ball • 3 hula hoops 	<ul style="list-style-type: none"> • Counters (leaves, bread tags, bottle caps etc) – 3 sets • ‘1 more’ and ‘1 less’ word cards – 3 sets • Number cards (1 to 7) – 3 sets 	Benefit-Risk Assessment: <u>Benefit:</u> <ul style="list-style-type: none"> • Large area to conduct activity encourages children to move about more freely hence developing gross motor skills • Promote problem-solving skills • Provide variety of natural resources for play and learning • Natural sunlight promotes better vision
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	<ul style="list-style-type: none"> • Fresher air as area is surrounded by trees <p><u>Risk:</u></p> <ul style="list-style-type: none"> • Play items (e.g. Skipping ropes, footballs etc) - Minor injury from contact, trips and falls • Unsupervised contact with others - Abduction, assault, child protection issues • Litter, glass - Minor injuries, cuts / abrasions • Hard Surfaces / slips trips and falls - Broken limbs, muscular skeletal and other physical injuries <p><u>Management:</u></p> <ul style="list-style-type: none"> • Bring first aid kit to treat minor injuries • Ensure items are used only for their intended purpose; Games to be played in appropriate location Zone activities e.g. for ball games / wheeled toys. • Supervision levels appropriate for the layout of the site and the play areas, especially in the vicinity of the gates and where there are public footpaths through the school grounds. (Identify on a plan) • Inspection of the area and litter pick as required. • Ensure that the play areas are even and maintained; any areas which become unsuitable will need to be barricaded and placed out of bounds until repairs can be undertaken.
<p>How to make it happen:</p> <p>Tuning-in:</p> <ol style="list-style-type: none"> 1. Go through the safety and outdoor rules with the children. 2. Invite children to go outside for nature walk. 3. Ask children to pick up leaves, twigs etc and put it inside a bag. 4. Ask questions to the children: <ul style="list-style-type: none"> • What can you observe about the lines on the leaves? 	<p>Produce:</p> <ol style="list-style-type: none"> 15. Set up the 3 stations and divide children into 3 groups. 16. Demonstrate what the children will be doing. <ul style="list-style-type: none"> • Station 1: Dribble a box in a zig zag manner using a long implement. Pick a 'one more' or 'one less' card and a

- How many twigs did you pick?
 - Who has more twigs?
5. Bring children to a nearby badminton court.

Procedure:

Present:

6. Gather children in a circle.
7. Invite children to sing 'Song of More and Less'
8. Place one leaf on the floor.
- Inform children you are going to add one more and place one leaf next to the first one.
 - Ask children "How many leaves are there now?"
 - Invite children to say one more than one makes two.
9. Repeat the procedures until 7.
10. Place seven twigs on the floor.
- Remove one twig.
 - Ask children "How many twigs are there now?"
 - Invite children to say one less than seven makes six.
11. Invite some volunteers to repeat the procedures until 1.

Practice:

12. Divide children into small groups.
13. Give each group a set of counters.
14. Explain to the children that each child will take turns to say e.g. "1 more than 5 is?" while the rest will put the correct number of counters. Ensure that children say '1 more' or '1 less'.

number card. Complete the sentence by putting the correct number of counters in the hula hoop.

- Station 2: Pass a ball in a row using underpass. Last person will pick a 'one more' or 'one less' card and a number card. Complete the sentence by putting the correct number of counters in the hula hoop.
 - Station 3: Walk with a ball in between the knees. Pick a 'one more' or 'one less' card and a number card. Complete the sentence by putting the correct number of counters in the hula hoop.
17. Rotate the stations with the 3 groups. Teachers to encourage children to complete all the 3 stations. (Perseverance)
18. Once all the 3 groups are done with the 3 stations, do an obstacle course:
- Dribble a box in a zigzag manner with a long implement, pass a ball using underpass and walk with a ball in between the knees. Lastly, pick a 'one more' or 'one less' card and a number card. Complete the sentence by putting the correct number of counters in the hula hoop.

Closure:

19. Gather children to stand in a circle to do cooling down exercise.
20. Get children to stand with both arms overhead and feet placed wide apart and knees slightly bent.
21. Gently wave their arms from side to side and forwards like a tree in a wind.
22. Get them to breathe in and out three times.
23. Prompt children about:
- Healthy eating habits (e.g. eating vegetables and fruits)
 - Safety and hygiene practices (e.g. proper handwashing techniques)

Photographs:

