

Outdoor Learning Experience (4 to 6 years old)

<p>Learning Experience: Running on Leaves</p>	<p>Shared by: Miriam Lee, Lim Tong Hai</p>
<p>Environment: Open grass area near a tree with lots of fallen leaves</p>	<p>Estimated time: 20 minutes</p>
<p>Children’s prior knowledge:</p> <ul style="list-style-type: none"> • Children have basic walking and running skills 	
<p>What children will experience (NEL Learning Areas):</p> <p>Motor Skills Development (Gross Motor Skills):</p> <ul style="list-style-type: none"> • Children will learn to walk and run in a coordinated manner at different speeds. <p>Discovery of the World:</p> <ul style="list-style-type: none"> • Children will experience the crunching noises of the leaves as they stamp their feet on the leaves. 	<p>Suitable for:</p> <ul style="list-style-type: none"> • 4 to 6 years old
<p>What you will need:</p> <ul style="list-style-type: none"> • An area with a lot of dried, fallen leaves • If the surrounding area has no leaves, the activity can be done in an open grass area 	<p>Benefit-Risk Assessment:</p> <p><u>Benefit:</u></p> <ul style="list-style-type: none"> • Children will learn to walk and run in a coordinated manner in the context of a natural environment <p><u>Risk:</u></p> <ul style="list-style-type: none"> • Leaves from a poisonous tree • Insects/Ants nest • Uneven ground/pot holes under the pile of leaves <p><u>Management:</u></p>

- Prior to activity, identify the tree which the leaves have fallen from to ensure it is not poisonous or harmful to the children.
- Recce the site prior to the activity to ensure the area has no insects or ants' nest under the leaves; children could wear long pants to minimise any risk of insect/ant bites.
- Prior to activity, comb through the area to identify spots with uneven ground/pots hole that may lead to falls. Highlight these spots to the children at the start of the activity and get them to stay away from those areas. For pot holes, use a cone or get an adult to stand in those areas to minimise risk of falls/injury.

How to make it happen:

1. Get children to march around, exaggerating the movement of swinging their arms, lifting their knees and stamping on the leaves.
 2. Explain to the children that there are 3 running speeds: 1 clap = slow, 2 claps = medium. 3 claps = fast.
 3. Start with running on the spot: get children to vary their speed according to the number of claps by the teacher.
 4. Then introduce running in a space (mark out the boundary which children can move within): get children to vary their speed according to the number of claps by the teacher.
 5. Throughout the activity, get children to notice the sound of crunching leaves as they stamp their feet slow to fast, and harder or softer.
- Key verbal cues:
 - "Swing Arms"
 - "Lift Knees"