

### Outdoor Learning Experience (4 to 6 years old)

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

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).