




iexercise Medium Term Plan: Ages 4-5

 Lesson 1 Baseline Assessment	Lesson 2 Seated Balance	Lesson 3 Static Balance	Lesson 4 Static Balance	Lesson 5 Dynamic Balance	Lesson 6 End of Term Assessment
Warm Up	Indoors: Play Hop little bunnies video	Indoors: Play Hop little bunnies video	Indoors: Play Hop little bunnies video	Indoors: Play Under the Sea video	Indoors: Play Under the Sea video
Activity	Discuss 'What happens when I exercise' slide. Children move around the hall like bunnies.	Static balance activities. ON YOUR MARKS – crouch down like a bunny. GET SET - kick your back bunny legs. GO - bunny hop around the room.	Hop and Jump. Explore the 'travelling' motions of different animals. Kangaroo Grasshopper Frog Tigger	Review the warm up using 'Why we move to stay healthy' slide. Review the travelling motions of different animals. Repeat Bunny eating a carrot and Bunnies drink water movements.	Discuss the 'Healthy Me' slide. Review the travelling motions of different animals. Repeat Bunny eating a carrot and Bunnies drink water movements.
Skill	Baseline Assessment See lesson page and Assessment Snapshot for details.	Seated balance activities. Childre sitting in a circle in various positions passing different objects.	Seated balance activities. Childre sitting in a circle in various positions passing different objects.	Underwater Adventure. Work through the activities on slides 1 and 2.	At the Beach and Underwater Adventure. Repeat the Underwater Adventure activities with new movements added.
Activity with Skill	Assessment activities continued	Bunny eating a carrot. Children pick up a bean bag (carrot) with their feet. Talk about eating healthy Vegetables.	Bunnies drink water. Children practise Cobra position.	Jelly Fish Jump game. Children wobble like a jelly fish and jump over the seaweed.	Ocean I Spy game. Describe a sea creature, children guess the animal and do the actions.
Review / Assess	Review slide Children complete the statements.	Review slide Children complete the statements.	Review slide Children complete the statements.	Review slide Children complete the statements.	Review slide Children complete the statements.