



# Medium Term Plan: Ages 4-5

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>Warm Up</b>	<b>Indoors: Animal Boogie.</b> Play the music track and ask the children the questions at the appropriate time. Children dance like this animal.	<b>Indoors: Animal Boogie.</b> Repeat from lesson 1	<b>Indoors: Animal Boogie.</b> Repeat from lesson 2	<b>Enormous Crocodile</b> Children to create their own moves and actions to the story of The Enormous Crocodile.	<b>Enormous Crocodile</b> Children to remember their moves and actions from last lesson to the story of The Enormous Crocodile.	<b>Enormous Crocodile</b> Children to remember and improve their moves and actions from last lesson to the story of The Enormous Crocodile.
<b>Activity</b>	<b>Baseline Assessment</b> See lesson page and Assessment Snapshot for details.	Discuss space bubbles. <b>Movin' monkeys</b> - Sideways - Forwards and backwards - Lifting knees high - Forwards no wobbling - Backwards no wobbling Adjust speed or change direction to avoid obstacles.	<b>Monkey boing!</b> Monkeys Jump - Racing Monkeys - Happy Monkeys - Monkeys Leap from tree to tree - Hopping Monkeys - Galloping Monkeys Repeat the movements but now try: Moving sideways Moving Forwards and backwards Move with high knees Stand, walk and run on balls of feet with heels raised	Work through the movements on the slide. <b>Cheeky Monkeys game</b> Children are good monkeys who follow instructions well. They balance object on their head, go on all fours and balance it on their backs, pass object around their tummy etc. Now, be cheeky monkeys! Children do something different to the instruction. E.g. say hold your beanbag high, children might put it on the floor or balance it on their head.	Work through the movements on the slide. <b>Cheeky Monkeys game</b> Repeat the game from last lesson with some new ideas and actions.	<b>Baseline Assessment</b> See lesson page and Assessment Snapshot for details.
<b>Skill</b>	Continue completing assessment. See lesson page and Assessment Snapshot for details.	<b>Movement patterns</b> Three types of movements together: jump, jump, leap or hop, jump, leap etc. In pairs, follow their partner's movement patterns.	Discuss Space Bubble slide. <b>Monkey bubbles</b> Children make shapes with their bodies within their space bubble. - Star - Ball - Candle - Flamingo Children invent their own shapes.	<b>Animal freeze tag</b> Children can only run when music is playing When children are tagged, they must freeze in an animal pose. Teacher demonstrates what an animal pose might look like.	<b>Animal Alphabet</b> Follow the instructions on the slides. Ensure children are working in their bubble throughout	Continue completing assessment. See lesson page and Assessment Snapshot for details.
<b>Activity with Skill</b>	<b>Cheeky monkeys</b> Run Jump Skip Leap Hop Gallop	<b>Tiptoeing Monkeys</b> Walk around the room on tip toes. - Racing Monkeys - Balancing Monkeys - Run at freely and safely in the space.	<b>Monkeys in cars</b> Faster & Slower - Traffic lights - Roundabout - - Change tyre - - Petrol stop - All change.	<b>Animal Bubbles</b> Discuss Space Bubble slide then work through the following moves: Jump up and down, Jump side to side Hop Walk at different speeds, directions, and patterns (shapes, zigzag, etc.) Skip (ask the children to freeze. Check that they are maintaining their space bubbles) Children to move around in the way that animal would move. HORSE BUNNY KANGAROO CRAB	<b>At the Zoo</b> Set each corner of the space as an animal enclosure (lions, tigers, bears, monkeys). Children run to the centre of the space	Continue completing assessment. See lesson page and Assessment Snapshot for details.

