



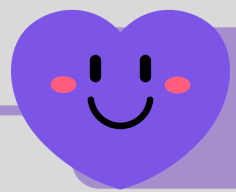
FLYING START AND BEYOND



PHYSICAL DEVELOPMENT



COMMUNICATION AND LANGUAGE



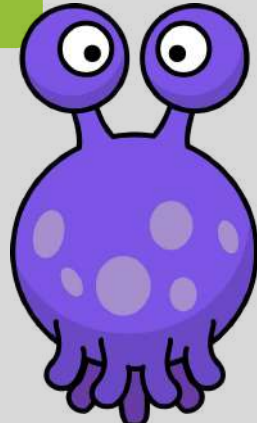
PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT



UNDERSTANDING THE WORLD



EXPRESSIVE ARTS AND DESIGN





THEME/STORY/CONTEXT:
 MOOK IS AN ALIEN FROM THE MOON. HER SPACESHIP HAS CRASHED ON PLANET EARTH. WE MUST HELP HER COLLECT CRUISER CRYSTALS IN ORDER TO FLY BACK TO THE MOON!



OBJECTIVE:
 TO EXPLORE AND IMPROVE COORDINATION AND MOVEMENT PATTERNS.

LESSON 1

MOOK LANDS



EQUIPMENT:

SPONGE BALLS, HOOPS, DROP DOWN LINES/SPOTS, CONES.



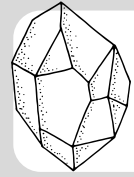
WE HEAR A CRASH AND MUST MAKE OUR WAY TO THE CRASH SITE,

WARM UP/ARRIVAL ACTIVITY
 TRAVEL IN DIFFERENT DIRECTIONS USING DIFFERENT MOVEMENT PATTERNS. CHALLENGE CHILDREN TO TRAVEL TO THE CRASH SITE USING DIFFERENT MODES OF TRANSPORT (GET CREATIVE) - CARS, BIKES, RUNNING, POGO STICKS! ETC... CHILDREN TO REPRESENT THE MODE OF TRANSPORT BY DIFFERENT MOVEMENT PATTERNS - ENCOURAGE HOP, SKIP, RUN, JOG, SIDE-STEP. SELECT EXAMPLES TO FOLLOW VARYING DIRECTION AND MOVEMENTS - ALL ADULTS TO MODEL. NUMBERS FOR SPECIFIC ACTIONS COULD BE USED HER - 1=SIDE-STEP ETC.

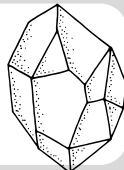


AS WE ARRIVE, WE SEE FIRE AND SMOKE AND HEAR A VOICE CALLING FOR HELP.
 AT THE END OF THE GAME WE FIND MOOK AND SHE TELLS US ABOUT HER PROBLEM!

PLAY 'DODGE THE DANGER'
 MARK OUT A SQUARED AREA WITH CONES AND GET CHILDREN TO STAND EITHER SIDE- THEY ARE FIREFIGHTERS AND MUST ATTEMPT TO GET TO THE OPPOSITE SIDE WITHOUT BEING HIT BY A SPONGE BALL (ROLLED/THROWN BY ADULTS AND/OR CHILDREN). FIRE THROWERS ARE GIVEN 3 OR 4 BALLS TO USE AND FIREFIGHTERS RUN / WALK / JUMP / HOP FROM ONE END OF THE HALL TO THE OTHER. IF THE SPONGE BALLS HITS THEM, THEY BECOME A FIRE THROWER. LAST PLAYER STANDING! BALLS MUST BE AIMED BELOW THE HIP AREA.
 *INTRODUCE 'READY POSITION' PRIOR TO RUNNING - HEAD UP, ARMS SET, KNEES BENT, FEET HIP WIDTH APART, ON TOES.



FIND CRUISER CRYSTALS EACH LESSON TO HELP MOOK START UP HIS CRUISER SHIP AND FLY HOME!



MOOK HAS ASKED YOU TO HELP HER FIX THE MOON CRUISER BY PUTTING ALL THE PIECES BACK TOGETHER, BUT WE MUST COLLECT THEM QUICKLY!

USING THE CARDS...

FOLLOW AND READ THE STORY

PLAY THE GAMES, AIMING FOR THE OBJECTIVE

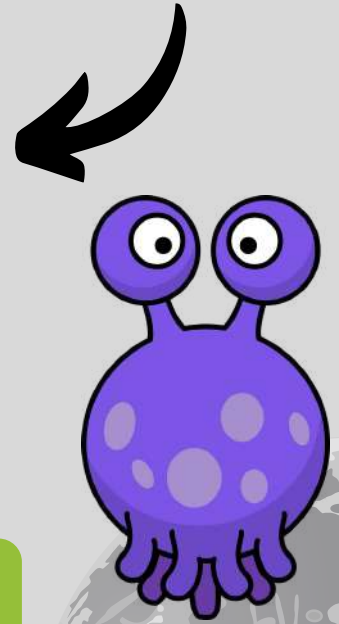
MAKE IT FUN !

COLLECT CRYSTALS AND... TRY THIS

PLAY 'MOON CRUISER MUDDLE'
 (RELAY RACE COLLECTING PIECES OF MOOK'S SHIP TO PLACE BACK TOGETHER). DIVIDE THE GROUP INTO 4 SMALL TEAMS. EACH TEAM HAS A HOOP - ONE NEXT TO THEIR TEAM AND ONE AT THE OTHER END OF THE ROOM FILLED WITH A VARIETY OF OBJECTS (AT LEAST ONE PER CHILD). THE FIRST RUNNER TRAVELS TO THE HOOP WITH A SKIP OR SIDE STEP TO THE HOOP AND COLLECTS ONE ITEM, RUNS BACK TO THEIR TEAM AND PLACES IT IN THEIR TEAM HOOP. THE NEXT RUNNER RUNS AND COLLECTS AN ITEM AND PLACES IT IN THE HOOP AND SO ON UNTIL THE HOOP IS EMPTY. COULD THE CHILDREN BE CREATIVE AND FIT THESE PIECES TOGETHER TO FORM A SHIP SHAPE?
 *EMPHASISE AND ENCOURAGE CORRECT TECHNIQUE OF MOVEMENTS.
 *CAN CHILDREN LEAD MOVEMENT USING BOTH LEFT/RIGHT SIDE

COMMUNICATION AND LANGUAGE

ENCOURAGE PUPILS TO DESCRIBE WHAT MOOK'S SHIP MIGHT BE LIKE...





THEME/STORY/CONTEXT:
 AFTER HELPING MOOK FIX HER SPACESHIP AND COLLECTING 1 CRUISER CRYSTAL, YOU MUST NOW TRY TO HELP HER GET USED TO LIFE ON PLANET EARTH. TODAY WE GO TO SCHOOL!



OBJECTIVE:
 TO EXPLORE AND IMPROVE STANDING BALANCES.

LESSON 2

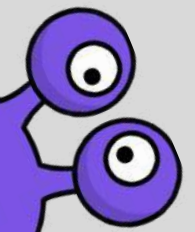
MOOK AT SCHOOL



EQUIPMENT:
 BLINDFOLDS, HOOPS, DROP DOWN LINES/SPOTS, CONES.



WE MUST RUSH TO GET TO SCHOOL WITH MOOK



WARM UP/ARRIVAL ACTIVITY
 TRAVEL IN DIFFERENT DIRECTIONS USING DIFFERENT MOVEMENT PATTERNS. CHALLENGE CHILDREN TO UTILISE MOVEMENT PATTERNS FROM SESSION 1 IN TRAVELLING TO SCHOOL - USING DIFFERENT MODES OF TRANSPORT (GET CREATIVE) - CARS, BIKES, RUNNING, POGO STICKS! ETC... CHILDREN TO REPRESENT THE MODE OF TRANSPORT BY DIFFERENT MOVEMENT PATTERNS - ENCOURAGE HOP, SKIP, RUN, JOG, SIDE-STEP. SELECT EXAMPLES TO FOLLOW VARYING DIRECTION AND MOVEMENTS - ALL ADULTS TO MODEL. NUMBERS FOR SPECIFIC ACTIONS COULD BE USED HER - 1=SIDE-STEP ETC.TRY EMBEDDING FROZEN STATUES INTO THIS WARM-UP, ENABLING CHILDREN TO GET USED TO BALANCES. TRY CALLING FREEZE, STOP, PAUSE TO STOP CHILDREN'S MOVEMENTS.
 *FOCUS ON SAFE USE OF SPACE.
 *RECOGNISE WHAT A BALANCE IS.



AS WE ENTER SCHOOL, WE SEE A SIGN THAT SAYS 'NO ALIENS ALLOWED'. WE MUST TRY TO HIDE MOOK AWAY FROM OUR TEACHER.

PLAY 'HIDE AND FREEZE'
 REMIND CHILDREN OF DIFFERENT POINTS TO USE - HANDS, FEET. CHILDREN WORK IN SMALL GROUPS AND COLLECT EQUIPMENT FROM THE CENTRE OF THE SPACE TO BALANCE ON ONE TEAM MEMBER TO KEEP THEM HIDDEN - SWAP ROLES. FOCUS ON TIGHT TUMMY, HEAD UP AND FOCUS POINT WITH EYES TO MAINTAIN CONTROL OF THE BALANCE.
 *CAN CHILDREN MAINTAIN ONE-LEGGED BALANCE ON DOMINANT LEG FOR 30 SECONDS?



FIND CRUISER CRYSTALS EACH LESSON TO HELP MOOK START UP HIS CRUISER SHIP AND FLY HOME!



AS MOOK WAS HIDING FROM THE TEACHERS, HE SPOTTED A SHINY CRUISER CRYSTAL ON THE PLAYGROUND.

USING THE CARDS...



FOLLOW AND READ THE STORY



PLAY THE GAMES, AIMING FOR THE OBJECTIVE



MAKE IT FUN !

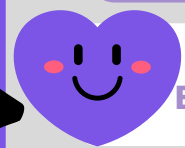


COLLECT CRYSTALS

AND... TRY THIS

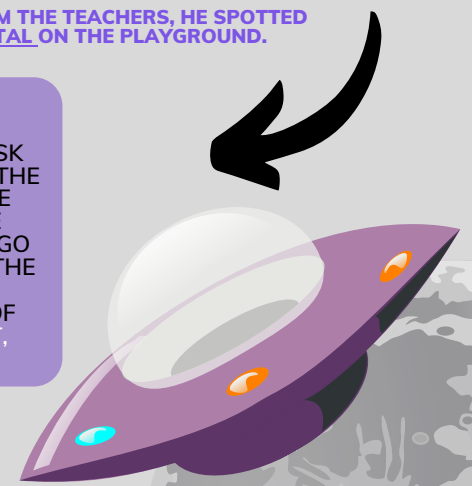


PLAY BALANCE TRACK
 SET UP COURSE TO ENCOURAGE BALANCING WHILST MOVING - BENCHES, BEAMS, ROPES, DROP LINES ETC.ASK CHILDREN TO MANOEUVRE AROUND THE COURSE WITH THE FOCUS ON MAINTAINING BALANCE. AT THE END OF THE CIRCUIT PLACE BALLS/BEANBAGS TO REPRESENT THE CRUISER CRYSTAL AND THEN CHILDREN WILL HAVE TO GO THROUGH THE COURSE ONCE MORE TO HEAD BACK TO THE START.
 *EMPHASISE AND ENCOURAGE CORRECT TECHNIQUE OF MOVEMENTS - POINTY TOES, ARMS OUT, FOCUS POINT, TUMMY TIGHT.



PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

HOW WOULD MOOK FEEL IN A STRANGE PLACE? WHAT WOULD YOU DO TO HELP HER?





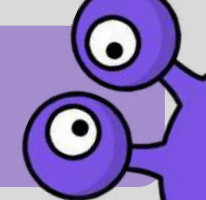
THEME/STORY/CONTEXT:
AFTER AN EXCITING TRIP TO SCHOOL, MOOK IS IN NEED OF SOME FOOD. HELP HER SORT THE CORRECT FOODS (HEALTHY AND UNHEALTHY) AND OF COURSE TRY TO COLLECT OUR THIRD CRYSTAL!



OBJECTIVE:
TO USE AGILITY AND REACTIONS TO CATCH/COLLECT EQUIPMENT.

LESSON 3

FOOD FUN!



EQUIPMENT:

BIBS, TENNIS BALLS, SPONGE BALLS, DROP DOWN MARKERS.



THE LORRY DRIVER HAS LEFT US WITH A SELECTION OF SNACKS TO THANK US FOR OUR HELP. HELP MOOK REMOVE ALL THE WRAPPERS.

**WARM UP/ARRIVAL ACTIVITY (EXPLORATION)
SNACK ATTACK!**

SAVE THE SNACKS AS THEY FALL FROM THE TRUCK. CHILDREN WORK IN EVEN GROUPS (6/8) AND SPLIT INTO ATTACKERS AND DEFENDERS. ATTACKERS GRADUALLY THROW/RELEASE TENNIS BALLS (SNACKS) AS DEFENDERS ATTEMPT TO BLOCK, TRACK AND RETRIEVE THE BALLS INTO A 'ZONE'.
USE ROLLING AND THROWING.

*FOCUS ON TRACKING THE BALL (ALIGNING BODY WITH THE PATH OF THE BALL).

PLAY 'TAKE IT AWAY'

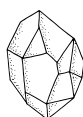
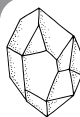
USING BIBS OR SOFT SCARVES PLACED ON THE FLOOR, CHILDREN MUST GRAB AND THROW ONE AT A TIME INTO THE AIR (REMOVING THE SNACK WRAPPERS). CHALLENGE PUPILS TO THROW AND CATCH IN A VARIETY OF WAYS - ONE HAND TO THE OTHER, ONE HAND, CLAP AND CATCH, THROW, SPIN AND CATCH ETC.

*EYES ON THE OBJECT, HANDS UNDER THE OBJECT, THROW HIGH, CATCH LOW, SOFT HANDS.

AS WE LEAVE SCHOOL, WE NOTICE THE DELIVERY LORRY IS DROPPING ALL THE SNACKS OVER THE ROAD.



FIND CRUSIER CRYSTALS EACH LESSON TO HELP MOOK START UP HIS CRUSIER SHIP AND FLY HOME!



AFTER EATING OUR SNACK, IT STARTS TO RAIN AND MOOK CAN'T HELP BUT TRY TO CATCH EVERY DROP. MAYBE SHE'LL FIND ONE OF THE CRUSIER CRYSTALS!

CRYSTAL CATCH (APPLYING SKILL)

CHILDREN ARE PUT INTO PARTNERS: ONE CHILD DROPS THE TENNIS BALL FROM SHOULDER HEIGHT WHILST THEIR PARTNER, STANDING ROUGHLY 2 METRES AWAY, LOOKS TO REACT AND CATCH THE BALL AFTER MINIMAL BOUNCES.

SUCCESS SHOULD BE DETERMINED BY THE CHILD'S READY POSITION (COLLECTING) - (EYES, KNEES AND HANDS), THEIR SPEED OF REACTION AND BALANCE IN COLLECTING THE BALL. YOU MAY NEED TO FOCUS ON SOFT, SPONGY HANDS TO ENCOURAGE SAFE CATCHING/COLLECTING.

*SOFT, SPONGY HANDS TO CATCH.
*CUP HANDS TO KEEP BALL SAFE

USING THE CARDS...



FOLLOW AND READ THE STORY



PLAY THE GAMES, AIMING FOR THE OBJECTIVE



MAKE IT FUN !



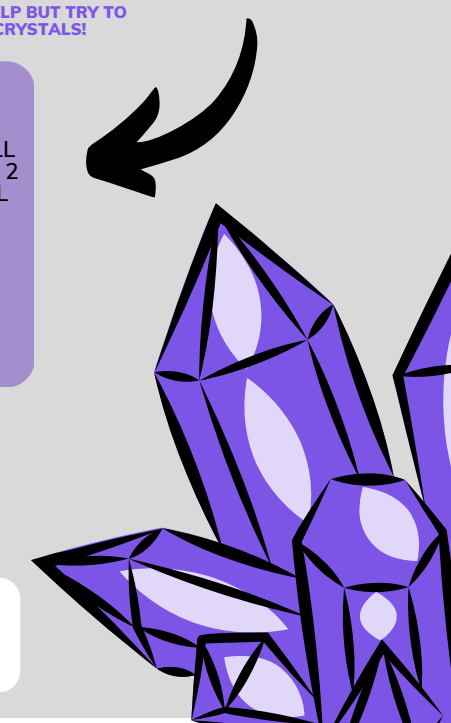
COLLECT CRYSTALS

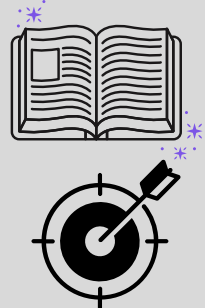
AND... TRY THIS

UNDERSTANDING THE WORLD



THE CRYSTALS GROW ON THE MOON...
WHAT GROWS ON PLANET EARTH?





THEME/STORY/CONTEXT:
WE MUST HIDE OURSELVES FROM MUM/DAD AT HOME. CAN WE PRETEND TO BE JUST AN AVERAGE SCHOOL CHILD.

OBJECTIVE:
TO EXPLORE AND IMPROVE BALANCES.
TO IMPROVE COORDINATION IN MOVEMENT PATTERNS.

LESSON 4

HIDE AN ALIEN!

EQUIPMENT:
MATS, BENCHES, TABLES STOOLS AND DROP-DOWN SPOTS.



WARM-UP/ARRIVAL ACTIVITY (EXPLORATION) PLAY FOLLOW THE LEADER

(THIS COULD BE DONE TO MUSIC - RECOMMENDED TRACK
KIARA, BONOBO - SPACE SOUNDS)

IN PAIRS (ONE AS MOOK OTHER AS THEMSELVES), CHILDREN LEAD AND MOOK FOLLOW THEIR MOVEMENT - TRY TO BLEND IN! REPEAT AND REFINE MOVEMENTS FROM SESSION 1 - ENCOURAGE HOP, SKIP, RUN, JOG, SIDE-STEP, JUMP. SHARE EXAMPLES AND FOLLOW VARYING DIRECTION- ALL ADULTS TO MODEL. SWAP PARTNERS. USE THE OPPORTUNITY TO COACH CORRECT TECHNIQUE, CONTROL AND FLUENCY. EXTEND THE GAME BY SEEING IF YOU CAN CREATE A MOVEMENT AND AT THE SAME TIME SECRETLY FOLLOW ANOTHER CHILD'S MOVEMENT WITHOUT BEING SPOTTED (FOLLOW THE LEADER). IF THE CHILD LOOKS AROUND, YOU'VE BEEN CAUGHT! INTRODUCE THREE BALANCES: PIKE, TUCK AND STRADDLE, TO BE PERFORMED ON TEACHER'S COMMAND.

*ADULTS COULD LEAD THIS SECTION ENTIRELY, ENABLING TO FOCUS ON MOVEMENT PATTERNS WHICH NEED IMPROVING.
*FOCUS ON CHILDREN EXECUTING MOVEMENTS WITH CONTROL.

AS WE ARE PLAYING IN THE BACK GARDEN WE TRY TO FIGURE OUT WAYS OF AVOIDING THE OBSTACLES - MUD, BUSHES, FENCES ETC.

CREATING A SEQUENCE

IN SMALL GROUPS, CHILDREN MUST CREATE A SEQUENCE OF MOVEMENTS AND BALANCES (2 AND 2). REMIND THE GROUP OF MOVEMENTS LOOKED AT SO FAR AND BALANCES INTRODUCED IN WARM-UP, ALONG WITH BALANCES (POINT AND PATCHES) EXPLORED IN SESSION 2 - BALANCES AND MOVEMENTS TO AVOID THE OBSTACLES IN THE GARDEN. CHILDREN CAN NOW BE CREATIVE IN CONSIDERING THEIR GROUP SEQUENCE. EMPHASISE TEAMWORK SKILLS ALONGSIDE THEIR MOVEMENT AND BALANCES.

*CHILDREN TO SHARE THEIR SEQUENCES WHILST OTHER GROUPS (AUDIENCE) LOOK FOR: CONTROL, GOOD TEAMWORK, SMOOTH MOVES (FLUENCY) AND CHANGES OF LEVEL.

WE ARRIVE HOME AND MOOK HAS DRESSED UP IN OUR SPARE CLOTHES TO LOOK LIKE OUR SCHOOL FRIEND. CAN WE CONVINCE OUR PARENT? BLEND IN...
IF MOOK THINKS SHE MAY GET CAUGHT, HIDE (BALANCE) BEHIND AN OBJECT.

FIND CRUSIER CRYSTALS EACH LESSON TO HELP MOOK START UP HIS CRUSIER SHIP AND FLY HOME!

USING THE CARDS...



FOLLOW AND READ THE STORY



PLAY THE GAMES, AIMING FOR THE OBJECTIVE



MAKE IT FUN !



COLLECT CRYSTALS

AND... TRY THIS



AS WE ARE PLAYING IN THE BACK GARDEN WE TRY TO FIGURE OUT WAYS OF AVOIDING THE OBSTACLES - MUD, BUSHES, FENCES ETC.

ENTER THE CRYSTAL COURSE

SET UP COURSE TO ENCOURAGE MOVEMENT OVER LOW EQUIPMENT - TABLES, STOOLS, BENCHES AND MATS. ENCOURAGE CHILDREN TO MOVE AROUND THE EQUIPMENT IN A VARIETY OF WAYS - MONITOR SPEED, CONTROL FOR SAFETY. THE CRYSTAL WILL BE UNLOCKED AS SOON AS EVERY CHILD HAS MOVED AROUND EACH PART OF THE COURSE.

IDEAS FOR TEACHER LED STATIONS:

WALL BARS - SHOULDER STRENGTH AND SAFE MOVEMENTS AROUND THE EQUIPMENT TO A DESIRED HEIGHT,
FORWARD ROLL PREPARATION - FOLLOW 5 STEPS OF PREPARATION PRIOR TO ROLLING.
FORWARD ROLL SUPPORT.

*SAFETY ON AND AROUND EQUIPMENT.

*USE THIS SECTION TO WORK ON SAFE MOVING OF EQUIPMENT - BENCHES AND MATS.

EXPRESSIVE ARTS AND DESIGN

AS YOU LISTEN TO THE MUSIC, CAN YOU CLAP, STOMP OR JUMP IN TIME? TRY TO USE ACTIONS THAT MATCH THE MUSIC WELL.





THEME/STORY/CONTEXT:
MOOK IS BEGINNING TO MISS HER FAMILY AND FRIENDS ON THE MOON. SHE TEACHES US A FEW TEAM GAMES, WHICH THE MOONLETS PLAY.



OBJECTIVE:
TO DEVELOP REACTIONS AND DECISION MAKING SKILLS.
TO DEVELOP FAIR PLAY THROUGH REALISTIC WINNING/LOSING SCENARIOS.



MOOK IS MISSING HOME, SO DECIDES TO SHOW US SOME OF HER GAMES

**FIND CRUSIER CRYSTALS
EACH LESSON TO HELP MOOK
START UP HIS CRUSIER SHIP
AND FLY HOME!**

LESSON 5

MOOK MISSES HOME!



EQUIPMENT:
DROP DOWN LINES, CONES, BIBS.



MOOK IS MISSING HOME SO DECIDES TO SHOW US SOME OF HER GAMES

WARM UP/ARRIVAL ACTIVITY
PLAY HEADS, SHOULDERS, KNEES AND CLOTHES.

PLACE BIBS (1 BETWEEN 2) DOTTED AROUND AN OPEN AREA. CHILDREN WILL FORM PAIRS AND STAND EITHER SIDE OF THE BIB. TEACHER GIVES INSTRUCTIONS – HEADS, SHOULDERS KNEES AND CLOTHES. CHILDREN FOLLOW THE INSTRUCTIONS BY TOUCHING BODY PARTS AND GRABBING THE BIB. WINNER GRABS THE BIB FIRST. THIS GAME PROVIDES AN OPPORTUNITY FOR CHILDREN TO ALL WIN AND LOSE – REWARD POSITIVE WINNING AND LOSING – SHAKING HANDS, CELEBRATING RESPECTFULLY, NO QUESTIONING DECISIONS ETC.

CHILDREN TO MOVE ON AFTER EACH ROUND (WHEN A BIB IS COLLECTED). THIS ENABLES ALL CHILDREN TO MIX AROUND THE PLAYING AREA.

* KEEP INSTRUCTIONS SIMPLE AND INTRODUCE THE TERM 'REACTION' 'MODELLING GOOD EXAMPLES.

(TEAM GAMES – EXPLORING REACTIONS AND DECISION MAKING)

MOOK INTRODUCES US TO A TRADITIONAL MOON GAME CALLED TIDY UP. CHILDREN ARE PLACED INTO TWO EVEN TEAMS, SEPARATED BY A DIVING LINE (DROP DOWN MARKERS). IN EACH HALF OF THE COURT A SET OF BIBS ARE SPREAD ACROSS THE FLOOR (AROUND 10 ON EACH SIDE FOR A GROUP OF 30). THE AIM OF THE GAME IS TO CLEAR YOUR HALF OF THE COURT, THROWING BIBS TO THE OTHER SIDE. THIS GAME IS A GOOD INTRODUCTION TO NET AND WALL GAMES, BUT HERE IS FOCUSED ON REACTIONS AND DECISIONS MAKING. PLAYING SEVERAL (TIMED) ROUNDS OF THE GAME WILL ENABLE CHILDREN TO GET USED TO THE RULES AND DEVELOP THEIR DECISION MAKING SKILLS TO CONSIDER – WHERE, WHEN AND HOW TO THROW. QUESTIONING IN BETWEEN ROUNDS WILL BE CRUCIAL HERE TO ASCERTAIN UNDERSTANDING. GOOD MODELS OF DECISION MAKING SKILLS WILL BE KEY TO DEVELOP THIS FURTHER GAME FURTHER.

* ESTABLISH ROLES WITH CHILDREN TO STRUCTURE THEIR DECISION MAKING – ATTACKER, DEFENDER ETC



MOOK IS MISSING HOME SO DECIDES TO SHOW US SOME OF HER GAMES

USING THE CARDS...

FOLLOW AND READ THE STORY

PLAY THE GAMES, AIMING FOR THE OBJECTIVE

MAKE IT FUN !

COLLECT CRYSTALS AND... TRY THIS

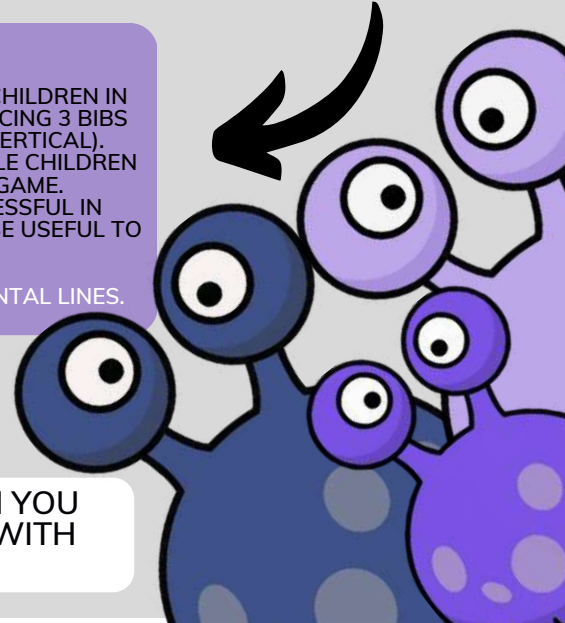
PLAY CONNECT 3

CREATE GRID (3X3) CONES OR DROP DOWN MARKERS. PLACE CHILDREN IN EVEN TEAMS. CHILDREN ARE AIMING TO WIN THE GAME BY PLACING 3 BIBS ON 3 SEQUENCED MARKERS (DIAGONAL, HORIZONTAL AND VERTICAL). AS WITH 'TIDY UP', REPEAT THE GAME SEVERAL TIMES TO ENABLE CHILDREN TO FAMILIARISE THEMSELVES WITH THE FORMAT OF THE GAME. DECISION MAKING AND REACTIONS ARE KEY TO BEING SUCCESSFUL IN CONNECT 3, SO MODELLING CHOICES IN EXAMPLE GAMES WILL BE USEFUL TO SUPPORT CHILDREN'S DECISIONS.

* SIMPLIFY RULES BY ONLY WORKING ON VERTICAL OR HORIZONTAL LINES.

COMMUNICATION AND LANGUAGE

WHAT GAMES DO YOU LIKE TO PLAY? CAN YOU NAME 5 GAMES YOU CAN PLAY AT HOME WITH YOUR FAMILY?



LESSON 6

FLY ME TO THE MOON!

EQUIPMENT:

DROP DOWN LINES, CONES, BIBS, A VARIETY OF DIFFERENT SHAPE AND SIZE EQUIPMENT - HOOPS, QUILTS, BALLS, ROPES ETC (BE CREATIVE).

THEME/STORY/CONTEXT:

MOOK IS READY TO GO. WE NEED TO FIND ONE LAST CRYSTAL TO POWER HER SHIP AND OFF SHE GOES. SAY GOOD-BYE AND HELP HER GET READY FOR BLAST OFF!

OBJECTIVE:

TO ENCOURAGE CREATIVITY ALONGSIDE MOVEMENT AND COORDINATION SKILLS.



CAN YOU ASSIST MOOK IN BUILDING THE LAST PIECES OF HER SHIP TOGETHER BEFORE SHE TAKES OFF?

(TEAM GAMES - EXPLORING CREATIVITY AND COORDINATION) PLAY 'PREPARE THE SHIP'

CREATE A CENTRAL AREA OF EQUIPMENT (HOOPS, CONES, ROPES, BIBS ETC) TO REPRESENT THE LAST PARTS OF MOOK'S SHIP.

CHILDREN ARE PLACED IN 4+ TEAMS AROUND THE CENTRAL AREA. THESE GROUPS WILL RELAY BACK AND FORTH INTO THE CENTRE AND BACK TO BASE TO COLLECT EQUIPMENT AND BUILD THE SHIP. CHILDREN WILL NEED TO HAVE AROUND 10 PIECES OF EQUIPMENT TO CREATE THEIR SHIP.

CHILDREN MUST HARNESS THE CREATIVITY ELEMENT FROM THEIR WARM-UP TO NOW USE THE EQUIPMENT TO IMAGINE WHAT EACH PART CAN REPRESENT. COORDINATION SKILLS CAN BE EMBEDDED IN THIS ACTIVITY FURTHER THROUGH MODELLING AND SELECTING TARGETED MOVEMENTS TO PERFORM DURING THE RELAY E.G. SKIP, SIDE-STEP ETC...

* ESTABLISH ROLES WITH CHILDREN TO ORGANISE GROUP - BUILDER, RUNNER, CAPTAIN ETC

WARM UP/ARRIVAL ACTIVITY PLAY 'SHAKE IT'

MARK OUT AREA (10X10 PLUS) AND ASK CHILDREN TO MOVE AROUND, BEING AWARE OF SPACE. ENCOURAGE DIFFERENT MOVEMENTS AND PATTERNS - FOCUS ON COORDINATION OF MOVEMENTS ALREADY COVERED (EARLIER SESSIONS) WHEN YOU REACH ANOTHER PARTNER CAN YOU SHAKE THEIR HAND - CHANGE THE ACTION TO HIGH FIVE, FIST BUMP, HIGH TEN ETC...

NOW IT'S TIME TO GET CREATIVE - HOW MIGHT MOOK SAY GOODBYE? CAN THE CHILDREN DEVISE A CREATIVE GESTURE/ACTION TO REPLACE THE HIGH FIVE ETC... MODEL GOOD EXAMPLES AND SHARE WITH THE GROUP.

* KEEP MOVEMENTS SIMPLE AND COACH CHILDREN CORRECT TECHNIQUE.



MOOK IS MISSING HOME SO DECIDES TO SHOW US SOME OF HER GAMES

FLY AWAY MOOK

PLACE CONES/MARKERS AROUND RANDOMLY IN YOUR SPACE. CHILDREN NOW DEMONSTRATE MOOK FLYING HER SHIP BACK TO THE MOON, BEING CAREFUL NOT TO CRASH. CHILDREN MUST NAVIGATE AROUND THE SPACE FROM CONE TO CONE, WITHOUT COLLIDING WITH ANOTHER SHIP - SAFETY AND DECISION MAKING. QUESTION CHILDREN ABOUT WHEN TO MOVE, HOW TO MOVE AND WHERE TO MOVE TO. THIS ASPECT LINKS CLOSELY WITH THE PREVIOUS SESSION - DECISION MAKING AND REACTIONS. COULD THE CHILDREN VARY THEIR MOVEMENTS BY CREATING NEW WAYS IN WHICH THE SHIP MIGHT MOVE. TO CHALLENGE THE CHILDREN FURTHER NOMINATE A SMALLER GROUP OF CHILDREN TO ACT AS ASTEROIDS AND MOVE AROUND FREELY ATTEMPTING TO 'TAG' THE SHIPS. IF YOUR SHIP IS TAGGED YOU SIT DOWN. THIS COULD BE ADAPTED TO 'STUCK IN THE MUD' STYLE GAME WHERE CHILDREN CAN RESCUE ONE ANOTHER IN A CREATIVE WAY - CRAWL UNDER THEIR LEGS, HIGH FIVE ETC...

* SIMPLIFY RULES BY LIMITING MOVEMENTS FROM CONE TO CONE.



PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

HOW DO YOU FEEL WHEN YOU SAY BYE TO SOMEONE OR SOMETHING SPECIAL TO YOU?

USING THE CARDS...

FOLLOW AND READ THE STORY

PLAY THE GAMES, AIMING FOR THE OBJECTIVE

MAKE IT FUN!

COLLECT CRYSTALS AND... TRY THIS

MOOK WANTS TO SAY GOODBYE IN HER OWN WAY... WE MIGHT WAVES OR SHAKE HANDS. WHAT WOULD MOOK DO?

FIND CRUSIER CRYSTALS EACH LESSON TO HELP MOOK START UP HIS CRUSIER SHIP AND FLY HOME!

