

Example Lesson Plan – Week 4

Focus: Free Play / Games Week – Looking back over Weeks 1–3



LEARNING INTENTION:

To look back over activities and games from the first 3 lessons and choose and play favourite activities.



SUCCESS CRITERIA:

- I can choose activities I enjoy.
- I can play games and activities safely.
- I can work with others and have fun.

PART OF LESSON	TIME	ACTIVITY / EXAMPLE	TEACHING POINTS	EQUIPMENT
1. WARM UP / GAMES 	25 mins	Vote & Play – Warm Up Game Children vote on their favourite warm up / game from a list of games from the first 3 weeks. Options: • Bubble Poppers (Week 2) • Build Up Tag (Week 3) • Horse and Carriage Tag (Week 3) Play the chosen game as a whole group warm up. Children practise running, dodging, changing direction, stopping and balancing during the chosen game. The chosen game is played as the main game of the lesson.	• Listen to each other's ideas. • Take turns and share. • Follow the rules. • Play fairly and include others. • Stay close and aware of your partner. • Communicate and take turns. • Move safely and carefully. • Change speed and direction. • Keep control of your body. • Be aware of others. • Work together and support others. • Use the space well. • Have fun!	Equipment depends on chosen game (see previous lessons)
2. FREE PLAY STATIONS 	20 mins	Free Play Stations Children choose a station to explore and play. Stations may include: • Scooter board trail • Obstacle course • Agility ladders • Balance work • Animal cards Children can move between stations and challenge themselves.	• Make good choices. • Be creative and safe. • Include others. • Use equipment responsibly. • Challenge yourself.	Variety of equipment set out in stations
3. COOL DOWN / RELAXATION 	5 mins	Calm Walk & Stretch Slow walk around the space. Gentle stretches: • Reach up high • Touch toes • Twist side to side • Big breath in, breathe out	• Move slowly. • Breathe calmly. • Relax your body.	None needed
4. PLENARY 	5 mins	Chat & Review Sit in a circle. • What was your favourite game? • What station did you enjoy most? • What did you do well? • How did we work together?	• Listen to others. • Share ideas. • Celebrate effort.	None needed



NOTES / NEXT STEPS
