

# EARLY YEARS LESSON PLAN: DINOSAURS



## Physical adaptations

- In Dino Movers use a wide area of play with wide spacing of the cones so the game is accessible for those using wheelchairs and other walking aids.
- Provide a litter picker or dog ball flinger to pick up the balls from a seated position.

## Sensory processing adaptations

- Dino Movers walk the area of play with the children and give them time to familiarise themselves with the cone layout before the game begins.
- Display a storyboard of the action sequence for 'Dino Tap' to support instructions.

## Visual and hearing adaptations

- For Dino Movers use bright cones that contrast well with the floor.
- Use large balls that contrast clearly with the floor and walls.
- Hand-under-hand support, with consent, to demonstrate 'small, controlled swing.'
- Use a large bright hoop positioned on a dark matt background.

## Cognition and learning adaptations

- Give a clear reference point for 'soft bounce height' (e.g. waist height).
- Support instructions with videos and demonstrations.
- Ask children to place a bean bag in a bucket each time they score.

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## EQUIPMENT

- Bean bags
- Balls
- Spots
- Cones
- Hoops
- Rackets or hitting hands

## WARM UP: DINO MOVERS

### SET THE SCENE

"Welcome to Dinosaur Land!"

#### HOW TO PLAY

- Place cones around the space – some the right way up as "Volcanoes" and some upside down as "Valleys."
- Children move around the cones and turn the volcanoes into valleys, and the valleys into volcanoes by flipping the cones.
- If the command "Brontosaurus" is called children freeze and reach up on tip toes and hold the position.

#### TEACHING POINTS

- Encourage moving in different directions.
- With the freeze action encourage balancing on the spot.

#### BRAIN FOCUS ACTIVITIES



## SKILL UP

- Encourage different ways of moving around the space e.g. sidesteps, walking backwards, slow, fast.

## BODY & BALL: DINO EGG COLLECTION

### SET THE SCENE

"Let's collect the dinosaur eggs."

#### HOW TO PLAY

#### TEACHING POINTS

#### BRAIN FOCUS ACTIVITIES

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- Place a hoop (nest) in the middle of the space.
- Scatter beanbags (eggs) around the space.
- Children move around the space and pick up one egg and place it in the nest.
- They then go and collect another egg and place in the nest continuing until all the eggs are back in the nest.
- Egg-plode the eggs back around the space and play the game again.
- Keep head up and watch for others.
- Don't step on the other dino eggs, otherwise you will break them.



## SKILL UP

- Children can choose a dinosaur of their choice and create their own actions to move like a dinosaur around the space when they are collecting the eggs. Or give them different ways of moving e.g. fast dinos – like the velociraptor, or slow dinos, like the diplodocus.

## RACKET & BALL: DINO ROLL

### SET THE SCENE

"Let's take our baby dinos for a walk."

### HOW TO PLAY

- Place spots in a circle.
- Children have a racket and ball (egg) each and start on a spot.
- Children walk round the spots rolling the ball next to them.
- Try to make the ball touch all the spots as they walk round.

### TEACHING POINTS

- Keep the ball close to the racket.
- Point the palm and string towards the nest.



### BRAIN FOCUS ACTIVITIES

## SKILL UP

- Balance the ball on the racket.
- Increase the speed of movement.

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## GAME: DINO EGG RELAY

### SET THE SCENE

"Who is the fastest dino?"

#### HOW TO PLAY

- Children work in pairs standing behind a cone, and a hoop (nest) is placed approximately 4 metres in front of them.
- Each child has a racket and one ball per pair.
- The first child balances the ball on their racket and moves towards their nest.
- When they get to the nest they turn, and place the ball on the floor, and using the racket they roll the ball back to their partner. They follow the ball and run back towards the cone.
- The second child 'splats' the ball to stop it, then places the ball on their racket and moves towards the nest. When they get to the nest they turn, and place the ball on the floor, and using the racket they roll the ball back to their partner. They follow the ball and run back towards the start.
- Repeat this relay several times.

#### TEACHING POINTS

- Keep the racket strings flat to balance the ball.
- Gently tap the ball.
- Point palm and strings towards partner.
- Watch the ball.
- Move to the ball.

#### BRAIN FOCUS ACTIVITIES



### SKILL UP

- Progress to tapping the ball. When the child reaches the nest, they turn to face their partner. Stand side on, drop the ball and tap towards their partner.

### COOL DOWN

- Reach tall (neck to the sky like long-necked dino).
- Side stretch (look left/right over valley).
- Bend forwards and touch toes (eating the grass).