

# EARLY YEARS LESSON PLAN: FARM



## Physical adaptations

- Provide mats, stable equipment to hold onto and place markers near the wall so pupils can work on the floor or support themselves in standing.
- Replace different speeds and control of steps with equivalent fast/slow; forwards/backwards; shifting sideways etc.
- Provide mats for pupils to carry out actions in kneeling.
- Include ramps for rolling the ball.

## Sensory processing adaptations

- Display a storyboard of Stand on the spot-roll the ball- ball stops in hoop, to provide an additional opportunity to process the information given.
- Support instructions with pictures, storyboards or videos.
- If children find the whole class rally activity overwhelming, offer a smaller group or paired activity.

## Visual and hearing adaptations

- Provide a storyboard of “Stand on the spot-roll the ball- ball stops in hoop” activity to support instructions.
- Use a storyboard of the series of actions in ‘Barn Tap.’
- Use hand-under-hand support, with consent, to demonstrate controlled swing and gentle controlled taps.

## Cognition and learning adaptations

- Demonstrate movements one at a time, each time ask pupils to copy to check understanding.
- Include descriptions of movements with the commands.
- Practise all 4 components from the ‘Barn Tap’ separately before running them together.

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## EQUIPMENT

- Balls
- Spots
- Hoops
- Rackets or hitting hands

## WARM UP: FARM ANIMAL PARADE

### SET THE SCENE

"We are farmers today! Walk carefully through the farm and take care of the animals."

### HOW TO PLAY

- Place spots around the space as "barns."
- Children move around the space and when an animal is called, they move to any spot and perform the action. Start with just three actions and build up if the children are ready.
  - Chickens – fast feet (on toes).
  - Cows – march (lift knees and stomp lightly).
  - Horses – gallop (knees bent, balance).
  - Pig – bridge or table (core).
  - Scarecrow – stand in star position (core).
- Add a ball, which children hold at tummy height while moving around the space.

### TEACHING POINTS

- Make the actions big and overacted.
- Eyes looking where going.
- Keep body upright.
- Maintain balance.

### BRAIN FOCUS ACTIVITIES



### SKILL UP

- Children move faster and keep changing direction.

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## BODY & BALL: FEED THE ANIMALS

### SET THE SCENE

"Now we are feeding the animals."

#### HOW TO PLAY

- Children stand on a spot with a ball.
- Place hoops opposite children; each hoop is a different animal.
- Children roll the ball to the hoop to feed the animals.
- Repeat several times aiming to feed the different animals.

#### TEACHING POINTS

- Eyes on the target.
- Step forward with opposite foot.
- Slow controlled swing of the arm forward.
- Palm faces target.



### SKILL UP

- Use an overarm throw to feed the animals.

## RACKET & BALL: BARN TAP

### SET THE SCENE

"We are going to feed the animals together."

#### HOW TO PLAY

- Children stand on a spot with a racket and ball.
- Place hoops opposite children; each hoop is a different animal.
- Set up hoop targets on opposite side of the children.
- Children tap the ball to the hoop to feed the animals.
- Repeat several times aiming to feed the different animals.

#### TEACHING POINTS

- Hold the ball in the non-racket hand.
- Drop the ball.
- Small controlled swing low to high.
- Point palm and strings towards target.
- Balanced finish.
- Use cue words to help with timing "drop, bounce, tap."



### SKILL UP

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- Score a point if the ball lands in a hoop.
- Choose a hoop for children to aim at changing the direction of the target.
- Move further away for a greater challenge and with wider spacing for accuracy.

## GAME: FARMERS FIELD

### SET THE SCENE

"Let's work as farmers together."

#### HOW TO PLAY

- Children work in pairs standing opposite each other approximately 2 metres apart.
- Both children have a racket and one ball per pair.
- Place the ball on the floor and use the racket to roll the ball to their partner keeping the ball rolling continuously (floor tennis).

#### TEACHING POINTS

- Watch the ball.
- Move to the ball.
- Point the palm and strings to the target.
- Slow controlled swing to control the ball.



### SKILL UP

- Progress to a rally with the ball bouncing once. This could be a "drop, bounce, tap, bounce, tap" or a "drop, bounce, tap, bounce, catch, drop, tap" sequence.
- Count the number of hits aloud.

### COOL DOWN

**Set the scene** "Quiet Barn."

- Children sit or lie in circle and concentrate on breathing:
  - "Inhale... smell the fresh hay."
  - "Exhale... calm farm air."
- 3–5 slow breaths.