

EARLY YEARS LESSON PLAN: UNDER THE SEA



Physical adaptations

- Adjust the different actions for “Swimming in the Sea” to meet the needs of wheelchair users, those walking with walking aids or using mats.
- Use wide spacing of the cones for “Swimming in the Sea” to be as accessible as possible.
- When playing “Shark Chomp” miss out “roll the fish.”
- When playing “Shark Chomp” support children retrieve their ball if they miss their catches.
- When working in pairs position both partners in the same position.
- Provide ramps for ball rolling activities.

Sensory processing adaptations

- Support children to walk the cone layout for “Swimming in the Sea” to give them time to process the field of play.
- Demonstrate each activity from “Shark Chomp” and give children time to practise and become familiar with each activity before beginning a game.

Visual and hearing adaptations

- Make sure the cones used in “Swimming in the Sea” are large, bright and contrast with the colour of the floor.
- Give children a full verbal description of the cones in “Swimming in the Sea” and give them time to explore the area before the game starts.
- Support all commands throughout the lesson sequence with A4 pictures that can be held up as a visual prompt.
- Provide a storyboard that can be displayed for all activity sequences throughout the series of lessons.

Cognition and learning adaptations

- Demonstrate the different actions for all activities in the lesson sequence and continue demonstrating alongside the children as a model for them to copy.

EARLY YEARS LESSON PLAN: UNDER THE SEA



EQUIPMENT

- Spots
- Balls
- Hoops
- Rackets or hitting hands

WARM UP: SWIMMING IN THE SEA

SET THE SCENE

"Welcome to our under-sea adventure."

HOW TO PLAY

- Scatter spots (coral) on both sides of the space so that children can move safely around the "sea."
- The playing area is the sea, and the spots are coral reefs where sea animals hide.
- Children move around the space and when a sea creature is called, they perform the action. Start with just three actions and build up if the children are ready.
 - Fish – run around pretending to swim.
 - Crab – move sideways.
 - Octopus – move slowly forwards and backwards wiggling arms.
 - Dolphin – big jumps.
- Call "Shark!" and children must quickly swim to the nearest coral and stand on it to stay safe.

TEACHING POINTS

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

BRAIN FOCUS ACTIVITIES



SKILL UP

- On the call of "Shark!" children move to the nearest coral and hold a different balance.

BODY & BALL: SHARK CHOMP

EARLY YEARS LESSON PLAN: UNDER THE SEA



SET THE SCENE

"Beware of the sharks. It's shark chomp."

HOW TO PLAY

- Scatter spots (coral) on both sides of the space so that children can move safely around the "sea."
- The playing area is the sea, and the spots are coral reefs where sea animals hide.
- Each child has a ball (fish), and start standing on the coral.
- An adult is the "Shark" and stands in the middle of the sea – they try to eat any loose fish!
- Children move from one side of the sea to the other bouncing the ball as they move across.
- Repeat several times.
- Children now move across the sea throwing the ball up in the air, let it bounce then catch it.
- Repeat several times.
- Children now move across the sea rolling the ball along the floor, staying close to it so that it doesn't get eaten.

TEACHING POINTS

- Head up and look where going.
- Watch the ball.
- Cup your hands to catch the ball.
- To roll straight, point your fingers to where you want the ball to go when releasing the ball.



SKILL UP

- Increase the distance the children have to cross.
- Move more quickly.

RACKET & BALL: OCTOPUS

SET THE SCENE

"It's time for octopus tag."

HOW TO PLAY

TEACHING POINTS

BRAIN FOCUS ACTIVITIES

EARLY YEARS LESSON PLAN: UNDER THE SEA



- Scatter spots (coral) on both sides of the space so that children can move safely around the "sea."
 - The playing area is the sea, and the spots are coral reefs where sea animals hide.
 - Each child has a racket and ball (fish), and start standing on the coral.
 - Children move around the sea in different directions performing different actions.
 - Balance the pearl:
 - Balance the ball on the racket and walk slowly around the sea, changing direction, zigzagging around the spots.
 - After a couple of minutes change to walk backwards, still balancing the ball on the racket.
 - Move like a crab:
 - Roll the ball along the floor while moving sideways.
 - Change direction and swap the hand they are holding the racket in.
- Balance the pearl:
 - Keep the racket flat and elbow bent.
 - Hold the racket with one or two hands.
 - Move like a crab:
 - Keep the ball touching the racket.
 - Change hands that the racket is in so that the palm of the hand is facing the direction of travel.



SKILL UP

- Tiny octopus taps. Tap the ball up on the racket and walk slowly around the sea (or remain still if needed). Keep the racket flat and elbow bent, holding the racket with one or two hands and gently tapping the ball.

Clean the sea. We need to clean the sea to protect the fish, help clean up all the balls and put them in the middle net to keep the sea clean.

GAME: TREASURE IN THE SEA

SET THE SCENE

"Place your treasure in the shells!"

HOW TO PLAY

TEACHING POINTS

BRAIN FOCUS ACTIVITIES

EARLY YEARS LESSON PLAN: UNDER THE SEA



- Children work in pairs and stand approximately 2 metres apart.
- One child starts as the sender with the ball and a hoop (shell) placed to one side of them.
- Their partner is the hitter and has a racket.
- The sender rolls the ball towards the hitter.
- The hitter taps the ball with their racket aiming to get the ball to touch the shell.
- The sender collects the ball and rolls the ball again for their partner to tap.
- Repeat several times.
- Swap roles.
- Point your palm and fingers to where you want to roll the ball.
- Watch the ball.
- Move to the ball.
- Point the racket strings towards the hoop.
- If needed, the hitter can stop the ball before tapping it.
- Stand side on to roll and tap the ball.



SKILL UP

- Increase the distance between the players and the treasure hoop.

COOL DOWN

Set the scene "Now our sea adventure is coming to an end. Let's help our bodies calm down like the quiet ocean waves."

Starfish breathing: Ask the children to spread their fingers wide like a starfish:

- Use one finger to slowly trace up and down each finger on the other hand.
- Breathe in slowly as they trace up the finger.
- Breathe out slowly as they trace down the finger.

Repeat for all five fingers.