**Planning for Learning Outdoors (Inspired by Jan White – Every Child a Mover)**

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| Learning intention | What do children need to do? | What does the environment need? | What resources and equipment are required? | Evaluation |
| 1. **Develop balance, coordination and postural control through the vestibular sense** | Twist  Turn  Spin  Tilt  Tip  Jump  Land  Bounce  Squat  Rock  Roll  Swing  Fall  Slide  Move Fast | Slopes  Steps  Slides  Low walls  A-frames  Jumping off points  Upright poles  Bars to hang upside down from  Uneven and wobbly surfaces  Places to run  Places to cycle or pedal  Grass, carpet and other soft surfaces for body play | Soft mats Tyres  Rockers  Hammocks  Spinning bowls  Balance bikes  Vehicles  Crates  Planks  Cylinders |  |
| 1. **Develop spatial awareness and deep sensory feeling through the sense of proprioception** | Push  Pat  Pull  Stretch  Hang  Throw  Catch  Aim  Pass  Hit  Kick  Lift  Carry  Start and Stop | Sand pit Gravel  Slopes  Steps  Firm and uneven surfaces  Pathways to support challenging vehicle use  Bars to hang from  Walls to throw balls at  Grass, carpet and other soft surfaces for body play & games | Wheeled vehicles Balance bikes  Carts  Wheelbarrows  Pushchairs  Ropes and Pulleys  Baskets  Buckets  Watering cans  Adult sized brushes  Spades  Rakes  Hose pipes  Tyres  Logs  Guttering pipes  Crates  Blocks  Skipping ropes  Tug-of-war ropes  Wide variety of balls |  |
| 1. **Develop whole-brain and whole body control through cross lateral movement** | Crawl  Climb  Clamber  Pedal  Run  Walk  Step  Skip  Shuffle  Slither | Space to run, skip, walk Slopes and mounds  Steps  Stepping stones  Climbing frames  Tunnels  Bridges  Grass, carpet and other soft surfaces for body play & games | Ladders Climbing Ropes  Climbing Apparatus  Crates  Tyres  Mobile tunnels (Boxes)  Sheets, voiles, nets  Vehicles  Ropes for skipping and stepping over  Dance mats  Big Brushes for large scale painting |  |
| Develop upper arm strength through the use of upper arm and upper body | Push  Pull  Stretch  Reach  Throw  Hit  Lift  Manipulate heavy items  Carry  Raise arms above the head  Take the weight of your own body | Sand Soil  Gardening area  Cobbles and stones for moving  Monkey/Trapeze bars  Clambering nets  Large chalk boards  Plastic or Perspex sheeting for large scale painting  Walls  Wooden and wire fences | Shaving Foam for painting using large arm movements Containers with handles  Balls and targets  Skipping ropes  Blocks  Logs  Crates  Tyres  Barrels  Guttering  Downpipes  Carts  Wheelbarrows  Spades  Long handle brushes for yard  Rollers for painting  Ropes and pulleys  Ribbon, wool, long grasses, tinsel, etc. for weaving |  |
| Develop hand muscle, hand control and fine motor skills | Point  Reach  Grasp  Grip  Shake  Stretch  Squeeze  Poke  Squirt  Hold  Twist  Hang  Throw  Stroke  Smooth  Press  Pat  Hit  Bang  Stamp  Punch  Stir  Beat  Pinch  Pull  Push  Lever  Sweep  Brush  Wipe  Turn  Mash  Grind  Whisk | Textured surfaces – ground and walls Tactile areas  Sand area  Water  Mud  Grass  Mud kitchen | Sand Water  Water taps  Mud  Gravel  Pebbles  Stones  Plants for picking and gathering (leaves, dandelions, daisies, grass)  Paint brushes  Masonry brushes  Paint rollers  Water sprays  Kitchen utensils – potato masher, whisks, turkey baster, sieves, slotted spoons, tongs, pegs  Mortar and pestle  Natural materials - Shells  Conkers, Pine Cones  Keys  Locks  Chains |  |
| Mathematics Develop an understanding of measures and balance | Measure length, height, weight … Compare  Test  Balance | Water  Sand  Stones | Planks  Cylinders  Tyres  Various sizes of Buckets  Containers with lids  Clip boards  Labeling card  Markers  Tape measures/rulers/string  Chalk |  |
| WAU Forces & Energy  What makes things move?  How do we make things move fast or slow?  Observe how living things move on the ground, underground, in the air and in the water  Observing changes in materials  How the weather changes through the seasons  Explore natural source of light and sound outdoors  How does the weather in different seasons affect living things?  Explore differences and similarities between plants and trees in the local environment | Test  Investigate  Problem solve  Mixing  Observing  Creating  Be outdoors  Feel  Observe | Water  Wind  Slopes  Mud Kitchen  Leaves, foliage, loam soil | Planks  Guttering  Logs  Leaves  Cars  Variety of items that can be used for testing  Pots, pans, utensils |  |
| The Arts Apply paint/water to surfaces, and explore the marks which can be made  Experiment with accidental colour mixing | Experiment  Choose  Mix  Paint  Spray | Prepared mural space | Big boards, sheets/rolls of paper. Clear/white Perspex sheet Brushes, fingers, sponges, combs, spray containers Paint  Water  Shaving foam  Washing up liquid |  |