**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**
 | TwistTurnSpinTiltTipJumpLandBounceSquatRockRollSwingFallSlideMove Fast | SlopesStepsSlidesLow wallsA-framesJumping off pointsUpright polesBars to hang upside down fromUneven and wobbly surfacesPlaces to runPlaces to cycle or pedalGrass, carpet and other soft surfaces for body play | Soft matsTyresRockersHammocksSpinning bowlsBalance bikesVehiclesCratesPlanksCylinders |  |
| 1. **Develop spatial awareness and deep sensory feeling through the sense of proprioception**
 | PushPatPullStretchHangThrowCatchAimPassHitKickLiftCarryStart and Stop | Sand pitGravelSlopesStepsFirm and uneven surfacesPathways to support challenging vehicle useBars to hang fromWalls to throw balls atGrass, carpet and other soft surfaces for body play & games | Wheeled vehiclesBalance bikesCartsWheelbarrowsPushchairsRopes and PulleysBasketsBucketsWatering cansAdult sized brushesSpadesRakesHose pipesTyresLogsGuttering pipesCratesBlocksSkipping ropesTug-of-war ropesWide variety of balls |  |
| 1. **Develop whole-brain and whole body control through cross lateral movement**
 | CrawlClimbClamberPedalRunWalkStepSkipShuffleSlither | Space to run, skip, walkSlopes and moundsStepsStepping stonesClimbing framesTunnelsBridgesGrass, carpet and other soft surfaces for body play & games | LaddersClimbing RopesClimbing ApparatusCratesTyres Mobile tunnels (Boxes)Sheets, voiles, netsVehiclesRopes for skipping and stepping overDance matsBig Brushes for large scale painting |  |
| 1. Develop upper arm strength through the use of upper arm and upper body
 | PushPullStretchReachThrowHitLiftManipulate heavy itemsCarryRaise arms above the headTake the weight of your own body | Sand SoilGardening areaCobbles and stones for movingMonkey/Trapeze barsClambering netsLarge chalk boardsPlastic or Perspex sheeting for large scale paintingWallsWooden and wire fences | Shaving Foam for painting using large arm movementsContainers with handlesBalls and targetsSkipping ropesBlocksLogsCratesTyresBarrelsGutteringDownpipesCartsWheelbarrowsSpadesLong handle brushes for yardRollers for paintingRopes and pulleysRibbon, wool, long grasses, tinsel, etc. for weaving |  |
| 1. Develop hand muscle, hand control and fine motor skills
 | PointReachGraspGripShakeStretchSqueezePokeSquirtHoldTwistHangThrowStrokeSmoothPressPatHitBangStampPunchStirBeatPinchPullPushLeverSweepBrushWipeTurnMashGrindWhisk | Textured surfaces – ground and wallsTactile areasSand areaWaterMudGrassMud kitchen | Sand WaterWater tapsMud GravelPebblesStonesPlants for picking and gathering (leaves, dandelions, daisies, grass)Paint brushesMasonry brushesPaint rollersWater spraysKitchen utensils – potato masher, whisks, turkey baster, sieves, slotted spoons, tongs, pegsMortar and pestleNatural materials - ShellsConkers, Pine ConesKeysLocksChains |  |
| 1. Mathematics

Develop an understanding of measures and balance | Measure length, height, weight …CompareTestBalance | WaterSandStones | PlanksCylindersTyresVarious sizes of BucketsContainers with lidsClip boardsLabeling cardMarkersTape measures/rulers/stringChalk |  |
| 1. WAU

Forces & EnergyWhat 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 waterObserving changes in materialsHow the weather changes through the seasonsExplore natural source of light and sound outdoorsHow does the weather in different seasons affect living things?Explore differences and similarities between plants and trees in the local environment | TestInvestigateProblem solve MixingObservingCreatingBe outdoorsFeelObserve | WaterWindSlopes Mud KitchenLeaves, foliage, loam soil | PlanksGutteringLogsLeavesCarsVariety of items that can be used for testingPots, pans, utensils |  |
| 1. The Arts

Apply paint/water to surfaces, and explore the marks which can be madeExperiment with accidental colour mixing | ExperimentChoose MixPaintSpray | Prepared mural space  | Big boards, sheets/rolls of paper. Clear/white Perspex sheetBrushes, fingers, sponges, combs, spray containersPaintWaterShaving foamWashing up liquid |  |