



Picture News

In the Early Years

Speaking and Listening

EYFS Framework: Children are confident to speak in a familiar group. Shows some understanding that good practices with regard to exercise can contribute to good health.

Look at the Picture News poster: What can you see? What do you think the children are doing? Do you recognise the person on the television?

Tell the children the man on the television is called Joe Wicks. When we were in the first lockdown, Joe put on exercise classes on his YouTube channel for anyone to join in with and to help them keep fit. Joe has been in the news because he has now restarted his classes for the new lockdown.

Think about: Did anyone take part in any of Joe's exercise classes? Did you enjoy them? What is exercise? What sort of exercises do you think Joe might teach us to do?

Question: What exercise do you enjoy the most?

Joe wants everyone to stay active whilst we are stuck at home. He knows that some of the exercise we enjoy, we can't do at the moment, like our sports clubs, swimming or dance lessons because of the lockdown.

Think about: Why should we exercise? How do you think exercise helps us?

Some people really like taking part in Joe's classes because they enjoy watching him and copying what he does so they know what to do. Some people find it a bit difficult to copy what Joe does and may prefer to do a different kind of exercise. Look at the **EY Resource**, which shows some of the different kinds of exercise you can do.

Think about: What kind of exercise do you enjoy the most? What do you like about it? Do you enjoy doing your exercise outside or do you prefer being indoors? Why?

Small World: Can you make up stories with the family characters?

EYFS Framework: Uses language to recreate roles and experiences in play situations.

Think about: Who have we got in this family? I wonder if the family are going to do any exercise today! What could they do together? Where could they go? I wonder if anything will happen when they go to the park!

Resources: Tuft tray, green material/fake grass, small world family members, small world playground equipment

Writing: Can you help Joe Wicks to keep people active? Make a poster to tell people all the different ways you can exercise.

EYFS Framework: Gives meaning to marks they make as they draw, write and paint. Uses some clearly identifiable letters to communicate meaning, representing some sounds correctly and in sequence.

Recap on this week's story and discuss that Joe Wicks is trying to get people active during lockdown.

Think about: How can we help Joe to get more people exercising? If we put up posters about all the different exercises you could do, do you think people might take our ideas and start to get active? What could we write on our poster? What exercises could people do? Why is exercise so good for us?

Resources: Poster proforma (See EY Additional Resource 1), pencils, pencil crayons, sound mats

Maths: Can you practise your maths whilst being active?

EYFS Framework: Counts actions or objects which cannot be moved, recognises numerals 1 to 5, Counts objects to 10, say which number is one more or one less than a given number.

Discuss that we are going to practise our maths whilst being active.

Think about: How can we make sure we count the number of jumps we do correctly? I wonder if we only count when we land our jumps! How can we make sure we count the number of catches we make correctly? Is it easier to count the catches if we only throw the ball up a little bit or if we throw it a bit higher? Why?

Resources: Maths challenge cards (see EY Additional Resource 2), chalk, hoops, balls, number cards, large building bricks

Outdoor: Can you be a fitness instructor like Joe Wicks and teach the other children some exercises?

EYFS Framework: Shows interest in different occupations and ways of life. Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

You could show the children one of Joe Wicks's fitness videos and they can have a go at some of the exercises.

Think about: Can you be a fitness instructor like Joe Wicks? What exercises are you going to teach the other children to do? I wonder if you could do an exercise that involves sitting on the floor! What exercises could you do with two hands and one foot on the floor?

Resources: Joe Wicks video on YouTube, outdoor space