

Get active

Explore these colourful poster images depicting children enjoying physical activities, and encourage the children to talk about similar experiences of their own

Activities across the curriculum

Personal, Social and Emotional Development

- Look at the poster with the children and discuss how we can either get active on our own or with our friends. Draw attention to the image of three friends coming down the slide. How are they feeling? Talk about how playing with friends can often be more fun than playing alone. What active things do the children enjoy doing with their friends?
- Talk about the importance of safety when carrying out some physical activities by pointing out the girl on the poster using swimming aids and the boy wearing a helmet. Identify other people who wear helmets during physical activity, such as mountain climbers, cyclists and racing drivers.

Communication and Language and Literacy

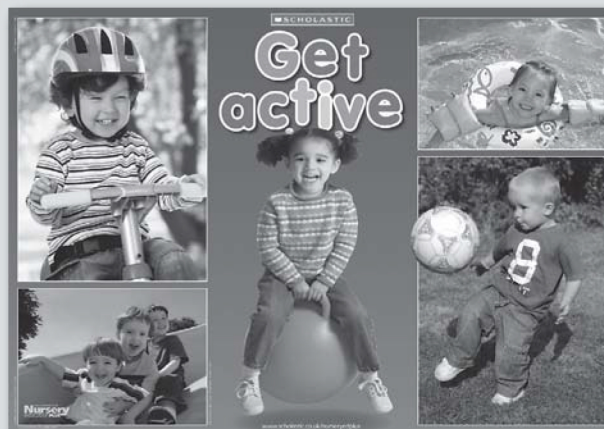
- Read the poster title 'Get active' and discuss what this means. Is it an appropriate title? Invite the children to design a group poster about taking exercise and enjoying physical activities. Encourage them to suggest a suitable title for it.
- Ask five children to look at one poster image each and write a sentence about it, for example, 'I get active when I play football'. Support them or scribe if necessary. Display their sentences around the poster.

Mathematics

- Look at the boy playing football on the poster and identify the number on his T-shirt. Why do footballers and other team players wear numbers? Attach 11 tiny numerals to small-world characters and encourage the children to line them up so that the football team are standing in the correct order from 1 to 11.
- Invite the children to describe the pattern on the clothing worn by the cyclist, and the girl on the space hopper in the poster. Are any other children wearing stripes? Create striped patterns using mark-making materials, or by printing them in sand or dough.

Understanding of the World

- Explore the image of the girl swimming. Why is she wearing a rubber ring and armbands? Float some blown-up armbands in a water tray and invite the children to try pushing them under the water. What happens? Talk about how they work and experiment with floating other items filled with air, such as plastic bottles or balloons.
- Draw the children's attention to the trainers that some of the children on the poster are wearing. Discuss the importance of wearing correct footwear to protect feet during outdoor physical exercise. Look at a selection of footwear used for different purposes, such as slippers, wellingtons and ballet shoes.



How to use the poster

Using the poster as a centrepiece, create an interactive display with photographs of the children engaged in various physical activities, together with their artwork. Add the children's comments and appropriate captions.

Laminate the poster to hang outdoors alongside a selection of 'getting active' equipment such as balls, hoops, quoits, beanbags, bikes and ride-on vehicles.

Physical Development

- Talk about the equipment that the children on the poster are using to get active. Provide a selection of resources, such as balls and hoops, and invite the children to get active for one minute. Stop them and ask how they feel. Do they notice any changes in their bodies, such as feeling warmer or having a faster heartbeat?
- Explore the image of the girl on the space hopper. Talk about the bouncing movement that she will make. Explain that some equipment, such as a trampoline, diving board and springboard, is designed to help our bodies to spring or bounce upwards. Can we bounce without equipment? Encourage the children to pretend to be bouncing balls, springing up and down around the room.

Expressive Arts and Design

- Make up a song and appropriate mimes to link with the poster to the tune of 'Here We Go Round the Mulberry Bush':
'This is the way we bounce along, bounce along, bounce along,
This is the way we bounce along, when we are getting active'.
- Set up a 'Get active' role-play health club, either indoors or outdoors. Display the poster and provide some 'Get active' stickers for the children to wear while taking part in physical activities, with and without equipment.

Jean Evans is an early years consultant and author.