

Outdoor Learning Experience (3 to 4 years old)

Learning Experience: Move and Freeze in the Outdoors	Shared by: Yannie Soo
Environment: Outdoor space near the centre	Estimated time: 20 minutes
Children’s prior knowledge: <ul style="list-style-type: none"> • Children know how to play the “Freeze” game. 	
What children will experience (NEL Learning Areas): Motor Skills Development: <ul style="list-style-type: none"> • Children get to improve their body coordination and balancing skill through the “Freeze” game. Aesthetics and Creative Expression: <ul style="list-style-type: none"> • Children will explore and express themselves through creative poses. 	Suitable for: <ul style="list-style-type: none"> • 3 to 4 years old
What you will need: <ul style="list-style-type: none"> • Song/music • Speaker 	Benefit-Risk Assessment: <u>Benefit:</u> <ul style="list-style-type: none"> • Enhance children’s overall body coordination, balance and self-regulation skill • Develop children’s observation skills <u>Risk:</u> <ul style="list-style-type: none"> • Uneven surfaces <u>Management:</u> <ul style="list-style-type: none"> • Ensure the activity is carried out in an open area free of obstacles

- Scan the venue to ensure it is free from potential hazards such as sharp objects, pot holes, broken tiles or insects

How to make it happen:

Level 1

1. Before heading out to the outdoors, ensure your phone and speaker are fully charged.
2. Prepare one of your favourite children's song on your smart phone.
3. Gather children at the outdoor space and go through the rules of the "Freeze" game.
4. Demonstrate how to play the "Freeze" game with an emphasis that their body should continue to move as the music plays. When the music stops, each player must stop moving (freeze) immediately and hold that position until the music begins again.
5. Play the song and invite everyone to move or dance.
6. Stop the music and check that everyone has stopped moving and remained stationary in their current position.
7. Repeat Steps 5 and 6 for a few times until everyone is ready for the next level.

Level 2

8. Inform the children now they will freeze imitating some items they can see in the outdoors which you will call out when the music stops.
9. Play the music and invite everyone to move or dance.
10. Stop the music, call out an item that can be seen in the outdoors (e.g., tree, bench, slide at the playground, butterfly) and check that the children have stopped moving and imitated the item being called out.
11. Repeat Steps 9 and 10 for a few times, calling out different items for the children to imitate.