



ECD A-SportsG Innovation Guidance Project 2021

"FUN TEACHERS FOR ACTIVE KIDS"

MOE Kindergarten @ Fernvale

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Project Description

The project has enhanced the centre's outdoor programme by using an integrated lesson plan and has allowed the teachers to be more creative in using the environment as a tool to create motor skills development activities for the children to move more.



Project Aims

To reinforce children's motor skills during outdoor activities and transition periods while promoting active learning.

- To enhance the daily outdoor programme
- To enhance children's learning (motor skills)
- To create opportunity for body movement during transitions

Project Outcomes

| Teachers | Children |
|---|---|
| <ul style="list-style-type: none">• Created a detailed lesson plan for the outdoor programme• Reinforced motor skills for children while moving along the corridors• Transition period was better utilised with the brain break activities | <ul style="list-style-type: none">• Reinforced motor skills learning• Reinforced the concept of high frequency words and part-part whole relationship while having fun moving• Children had sufficient body movement when they were in school• Developed the children's awareness of the world around them and how they can play a part to conserve/ save the earth and its resources |

Learning Lessons: This project has given the children the opportunity to reinforce learning through movement. It also improved the concentration of the children in class to allow deeper learning to take place.

Ways to Integrate Movement throughout the Day

(1) BRAIN BREAKS

Objectives: Increase body movement activities for children

- Move and Freeze
- Act Like...
- Yoga Poses
- Simon Says
- Blow Wind Blow
- Popcorn
- Rub Your Head
- Jelly Beans
- Boom Chicka Boom
- Numeracy Games



Children rubbing their heads



Children doing their yoga poses

(2) ACTIVE NAVIGATION ROUTE

Objectives: Move along the corridor using learnt motor skills while integrating the learning of literacy and numeracy concepts

Examples

(a) High Frequency Words Trail

(b) Part-part Whole Relationship Trail



Click below to watch videos of children going through the Active Navigation Routes:

[High Frequency Word Jump](#)

[Walking through the Jungle](#)

[Walking on Lines](#)

(3) ENHANCED OUTDOOR PROGRAMME

(a) Jungle Musical Walk (Balancing on the tree logs trail)

Objectives:

- Demonstrate good body balance and control while stepping on tree logs
- Demonstrate proper sliding skill
- Identify different animals found in the jungle
- Demonstrate understanding that human's action of cutting down trees will destroy animal habitat
- Recite a rhyme rhythmically

[Video of Jungle Musical Walk](#)

(b) Sorting Recyclable Obstacle Course

Objectives:

- Demonstrate good body balance and control while running, hopping, and balancing
- Identify the words "plastic", "metal" and "paper"
- Identify and sort recyclable items into its respective boxes
- Demonstrate understanding that some trash can be recycled into new items

[Video of Sorting Recyclable Obstacle Course](#)

(c) River Bank Jumps

Objectives:

- Demonstrate good body balance and control while jumping over elastic bands with varying heights
- Identify animals that live in a river
- Demonstrate understanding that human pollution will negatively affect marine life
- Identify ways to keep rivers clean

[Video of Jumping over Streams](#)

[Video of Jumping over Bigger Streams](#)

(d) Hockey Fun

Objectives:

- Demonstrate good hand-eye coordination while using a floorball stick
- Demonstrate good body control while moving with the floorball stick and ball
- Demonstrate the understanding that some used items can be upcycled into new items

[Video of Hockey Fun](#)