

# Barnardo's Big Bounce

Believe in  
children



Barnardo's

Lesson plan Age 4-7

You can fit the lesson plan in with your own timescale and schemes of work.

## **Lesson Objective:**

To keep our bodies healthy and understand the effects of exercise.

To recognise and describe how our bodies feel during different activities.

Explore a variety of basic skills and actions.

### ■ Suggested bouncing activities:

Balls – different sizes

Skipping ropes – individual or group

Jumping – standing, long, high, star, jump over object

Trampoline/trampets

Jump over objects/box/agility tables

Space hopper

'Keepy uppy'

■ Children individually or as a team count number of times task can be performed in a minute. Scores to be recorded on a chart – see **Bouncing diary**.

■ Can scores be improved during the week?

■ Children can either perform same activity each day, rotate activities or perform as a circuit training.

■ Practise during the week and make the last day donation day.

■ Every day discuss effects of exercises on their bodies. More able children could monitor heart rate/pulse rate.

## **Other activities:**

If you want a really big event why not hire a bouncy castle. Children could complete as many bounces as possible in a time limit.

## **Success criteria:**

I can bounce in different ways.

I can count how many bounces I have done.

Downloadable resources for Barnardo's Big Bounce can be found at [www.barnardos.org.uk/bigbounce](http://www.barnardos.org.uk/bigbounce)