

Lesson No.	Lesson Title	Learning Outcomes	Content	Key Vocabulary
1	What Does My Body Need?	<ul style="list-style-type: none"> <li>Name what their bodies need for energy (food, water, exercise, sleep).</li> <li>Describe how they feel when they don't have enough food, water, exercise or sleep.</li> <li>Make healthy choices independently, in their home or education setting.</li> </ul>	<p>Explain that today we are going to think about how our bodies can be the best they can be. Together we are going to explore some things that help our bodies.</p> <p>On the whiteboard have a selection of photos such as, a plate of food, a bottle/cup of water, a picture of children exercising, a picture of a child sleeping etc. Ask the children, what can you tell us about these pictures?</p> <p>Summarise with the children, that all of these things (food, water, exercise and sleep) give our bodies energy, make us feel well and help our feelings.</p> <p>Then discuss together how we feel when we do not have food/exercise/sleep.</p> <p>Activity – Have some dance music on the interactive whiteboard and encourage children to move to the music. Ask the children how they feel after the exercise? Ask the children to put their hand on their chest to explore their heartbeat and notice their heart is going faster after they exercise and move.</p>	Food Water Exercise Sleep Energy
2	What Does My Body Need?	<ul style="list-style-type: none"> <li>Name what their bodies need for energy (food, water, exercise, sleep.)</li> <li>Describe how they feel when they don't have enough food, water, exercise or sleep.</li> <li>Make healthy choices independently, in their home or education setting.</li> </ul>	<p>Recap on prior learning from last week about what our bodies need to help us feel physically and mentally well.</p> <p>Share the story Giraffes Can't Dance with the children.</p> <p>Using the first few pages and pictures of Gerald eating and running ask: what does Gerald need or do to give him energy? Look at Gerald's face when he is eating. How does he feel?</p> <p>Activity - During snack time ask the children how they feel now they have eaten and had a drink. Do they feel different? Do you feel great/good?</p> <p>Explain that healthy food and water gives our bodies the energy to make us feel good and ready to learn. Invite the children to talk about healthy choices and foods they have at home. Can they share with their peers, what healthy foods they like to eat and discuss how this gives them energy.</p>	Food Water Exercise Sleep Energy
3	I Can Keep Trying	<ul style="list-style-type: none"> <li>Explain how people might feel if they find something hard.</li> <li>Suggest ways to encourage others to keep going.</li> <li>Have a go at challenging themselves.</li> </ul>	<p>Re-read Giraffes Can't Dance. When Gerald falls over after he runs, ask how does Gerald feel? Show the children the picture of 'The Jungle Dance' and ask would you like to go to the dance? Why does Gerald think that he is bad at dancing?</p> <p>Share ideas with the children such as he might think he is not very good, the other animals have told him he can't dance, he doesn't like running so he doesn't like dancing, his animal friends start to laugh at him.</p> <p>Activity- Discuss together how Gerald feels when these things happen to him? Children to use their facial expressions and show how Gerald is feeling. Have they ever felt this way?</p>	Challenge Encourage Keep trying Get better at
4	I Can Keep Trying	<ul style="list-style-type: none"> <li>Explain how people might feel if they find something hard.</li> </ul>	<p>Re-read Giraffes Can't Dance and share thoughts about how Gerald felt when his friends laughed at him and told him he could not dance. Ask the children: what do you think about how</p>	Challenge Encourage

		<ul style="list-style-type: none"> <li>Suggest ways to encourage others to keep going.</li> <li>Have a go at challenging themselves.</li> </ul>	<p>Gerald's friends made him feel? Do you think Gerald's friends made good choices? How would you feel if your friends made you feel like that? How did Gerald feel before he met the cricket? Do we sometimes find things hard/difficult? How do you feel when you find things hard/difficult?</p> <p>Look at the picture of Gerald feeling worried before he starts to dance. What could Gerald's friends say to him to make him feel better?</p> <p>Encourage ideas such as, keep going! Be brave! Don't give up! You can do it!</p> <p>Activity – In small groups, talk to the children about how Gerald wanted to get better at dancing so he kept on trying and practised until he felt like he could do it. Ask the children if there is anything that they would like to get better at. Scribe children's ideas and thoughts on a mind map.</p>	Keep trying Get better at
5	I Can Do It!	<ul style="list-style-type: none"> <li>Develop skills in planning, reviewing applying a trial and error approach.</li> <li>Explore activities that they wouldn't normally try, pushing the boundaries of their comfort zone.</li> <li>Communicate with others by sharing with and listening to each other's ideas.</li> </ul>	<p>Recap the story Giraffe's Can't Dance." Encourage the children to tell the story using the pictures to help them. Discuss the end of the story. How does Gerald feel when he dances on his own? Discuss how Gerald is now sharing what he can do with his friends. He feels proud of himself. Ask the children about a time when they have felt proud of themselves and how they may like to share it with those around them.</p> <p>Activity – Using instruments, encourage the children to listen to the rhythm and repeated rhythmic patterns. Encourage the children to copy the patterns being made. Point out to the children that they are getting better the more times they practise it.</p>	Practice Encourage Keep trying Challenge
6	I Can Do It!	<ul style="list-style-type: none"> <li>Develop skills in planning, reviewing applying a trial and error approach.</li> <li>Explore activities that they wouldn't normally try, pushing the boundaries of their comfort zone.</li> <li>Communicate with others by sharing with and listening to each other's ideas.</li> </ul>	<p>Revisit the end of the story Giraffe's Can't Dance and remind the children what happened. Ask the children to share something that they used to find difficult, but with practice they have got better at. Explain that it is important to keep trying and challenge ourselves to try new things. When discussing the story, ask the children; How do the animals feel about Gerald's dancing? Discuss how this changed from the beginning to the end of the book. Do you think they meant to hurt Gerald's feelings?</p> <p>Activity- (Prior to this lesson, ask parents to upload "Wow" moments onto Tapestry of their child achieving something new through practise and determination). Share photos from home and discuss with the children how they showed resilience and kept trying, even when things were difficult, just like Gerald!</p>	Practice Encourage Keep trying Challenge