



AUTUMN

This session children will learn rhythm, musicality and spatial awareness. They will have the opportunity to engage as a team, create dialogue and express themselves freely. They will explore creativity with the use of props, role play and a wide range of music. There will be opportunities for children to count, talk and imagine. There will also be opportunities to engage in Outdoor Activities. Doing this they will gain knowledge of the world, be creative and imaginative, develop their personal and social skills while boosting physical development.

INTRODUCTION – Warmups- Use sequencing markers to encourage spatial awareness.

Teddy bear teddy bear turn around	(Turn around)
Teddy bear teddy bear touch the ground	(touch the ground)
Teddy Bear Teddy Bear Shoe your shoes	(arms out to the side and raise foot off the floor, encourage straight leg and pointed toe)
Teddy Bear Teddy Bear that will do	(shake pointed finger)
Teddy Bear teddy bear climb the stairs	(pretend to climb the stairs)
Teddy Bear Teddy bear say your prayers	(hands together in prayer position)
Teddy Bear Teddy Bear turn out the light	(imitate switching off the light, sound a 'click')
Teddy Bear Teddy Bear Say goodnight!	(hands together under tilted head and close eyes, after a short while of sleeping, wake up with a clap and a jump)

Warm up Routine – This routine combines cardio work out and stretching, both crucial before engaging in movement-based activity.

House/mouse: Stretch up tall, squat small, repeat 3 times

Frog bounces: In squat position- bounce

Grow: Slowly raise to standing

Bouncy scarecrow: Arms out to side, knee bends in time with the music

Runners: Jogging on spot, knees high, the kick behind try to kick your bottoms

Jack in the box: Down in squat, one high jump in the air followed by small jumps, repeat

Windmill arms: both arms straight moving backwards and then forwards

Shrugs: Shoulder lifts, shoulder drops and one at a time

Looks: look to left, middle, right middle, up, middle, down, middle, tilt, side, tilt, side

Head rolls: Slowly roll head alternate directions

Music: - Dancing Queen - Abba

ACTIVITY – Autumn

Props: (Leaves, pinecones, access to outdoors and trees)

Ask the children to sit and listen to the sound (howling wind sound effect), ask the children to guess the sound. Explain that the season has changed, it's no longer summer, ask the children what they have noticed. E.g... leaves falling, getting colder, becoming darker, not so many flowers, very windy.

Find a space and become trees. Legs, hip width apart, arms extended up, fingers wiggling as the leaves wave in the breeze. **Remember your legs are the trunk, so they cannot move.** Prior to playing the music, use a tambourine as the wind...create a gentle sound, invite the children to make small movements; fingers, slightly swaying. As the tambourine sounds increases, make bigger movements including, shoulders, heads and hips. As the strong wind dissipates the movements become gentle again. Listen to the music and repeat the exercise. At the crescendo become leaves, falling from the trees, being tossed around the woodland, twisting, twirling, leaping, diving, jumping, falling, twirling etc.

Music: Swan Lake Scene from Act II,

PARACHUTE AND LEAVES



Lay the parachute on the ground and invite the children to carefully walk around the edge and find a handle, NO CHILD MUST WALK ON THE PARACHUTE AS IT IS EXTREMELY SLIPPERY.

Collectively gather leaves from outside and place them on top of the parachute, and on the command 'Wind' the children shake the parachute causing the leaves to float around, once all the leaves have fallen off the parachute, children can collect them, throw them back on the and the exercise can be repeated.

PARACHUTE

Using the music, ask a small group of children to lay underneath the parachute, on their backs, and keep very still. The remaining group and adults will slowly waft the parachute up and down, very slowly, ensuring the parachute does not touch the children underneath.

Music: Autumn Leaves – Eva Cassidy

AND MORE:

Using 5 bean bags, sing the song, encourage the removal of the frogs at the correct time in the song.

Five little speckled frogs,
Sat on a speckled log,
Eating some most delicious bugs.
Yum Yum!
One jumped into the pool,
Where it was nice and cool,
Then there were four speckled frogs.
Glug Glug!

Four little speckled frogs,
Sat on a speckled log,
Eating some most delicious bugs.
Yum Yum!
One jumped into the pool,
Where it was nice and cool,
Then there were three speckled frogs.
Glug Glug!

Three little speckled frogs,
Sat on a speckled log,
Eating some most delicious bugs.
Yum Yum!
One jumped into the pool,
Where it was nice and cool,



Then there were two speckled frogs.

Glug Glug!

Two little speckled frogs,
Sat on a speckled log,
Eating some most delicious bugs.
Yum Yum!

One jumped into the pool,
Where it was nice and cool,
Then there was one speckled frog.
Glug Glug!

One little speckled frog,
Sat on a speckled log,
Eating some most delicious bugs.
Yum Yum!
He jumped into the pool,
Where it was nice and cool,
Then there were no speckled frogs.
Glug Glug!

ACTION SONGS – Reinforce the topic with actions and props (coloured leaves)

Autumn-time is coming (sung to the tune of Frere Jacques)

Red leaves falling
Red leaves falling
On the ground
On the ground
Autumn-time is coming
Autumn-time is coming
All around
All around

Orange leaves falling
Orange leaves falling
On the ground
On the ground
Autumn-time is coming
Autumn-time is coming

All around
All around

Brown leaves scattered
Brown leaves scattered
On the ground
On the ground



Autumn-time is coming
Autumn-time is coming
All around
All around

To the Wheels on the bus melody:

The leaves on the tree turn orange and brown,
orange and brown, orange and brown.

The leaves on the trees turn orange and brown,
All through the town.

The leaves on the trees come swirling down,
swirling down, swirling down.

The leaves on the trees come swirling down.
All through the town.

The leaves on the ground go swish, swish, swish,
Swish, swish, swish.

The leaves on the ground go swish, swish, swish,
All through the town.

5 LITTLE LEAVES

5 Little leaves so bright and gay
Were dancing around on a tree one day
The wind came howling through the town
oooooooo oooooooooo

And 1 little leaf came tumbling down

Etc. Etc.

AND MORE:

Collect Sticks from the woods or school field and ask the children to find some a similar length. Use the sticks as wooden claves.

Sing The Grand Old Duke of York moving sticks up and down with the song.



AND MORE:

Collect Sticks from the woods or school field and a selection of leaves, ask the children to push the leaves onto the sticks and count them.