

Year 9, PE – 60 minutes

Lesson plan

Curriculum Link:

Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

Learning Objective: To explore the job of childcare assistant and look at ways in which a good afterschool programme can help reduce how much screentime children have, as part of the KS3 PE curriculum.

Learning Outcomes:

- To understand what skills a childcare assistant needs.
- To understand ways in which sport and physical activity can be used to reduce screentime.
- To understand the other jobs associated with running an afterschool programme.

Success Criteria:

Describe – What skills does a childcare assistant need?

Understand - How can sport be used to reduce screentime?

Apply – create an outdoor/ adventurous afterschool programme that gets students off their screens.

Analyse – How could different jobs and skills help to create a successful afterschool programme?

Reflect – Were there opportunities or roles that interested you?

| | Activity | Details | Resources |
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| 3 mins | Starter – Have a look at the statistics pictured and discuss the questions as a class. | <p>Task</p> <p>In your pairs discuss the following:</p> <ol style="list-style-type: none"> 1. Which statistics do you find most surprising, if any? 2. Do you think you have too much screen time? <p>Extension</p> <p>How can too much screen time affect you?</p> | Slide 3 |



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| 2 mins | Introduction – What's the problem? | Facilitator to ask a student to read out the statement on the board from the guardian. Ask pairs to discuss . Why might screens (phones/ tvs/ ipads) have an effect on child development? Get feedback, all answers welcome. The Challenge: Help Katy develop an entertaining afterschool programme that involves outdoor, adventurous activities rather than screens. | Slides 4, 5 |
| 7 mins | Describe – What does a childcare assistant do? | Play video and discuss the main responsibilities of the childcare assistant and the sorts of activities they arrange for the children. Discuss the skills and qualification a childcare assistant needs. In Pairs students discuss ideas and jot a few down. Discuss these as a class before showing the answers on the board. | Slide 6, 7 |
| 15 mins | Apply – Help Katy develop an entertaining afterschool programme that involves outdoor, adventurous activities rather than screens. | Challenge tasks - You must create one activity that will form part of the afterschool programme. -The activity must be suitable for 3-5 year olds -The activity should encourage the children to work in a team, building on trust and developing skills to solve problems. | Slide 9 Worksheet 1 |
| 10 mins | Analyse – What other professionals would work alongside a childcare assistant? | Students to discuss this as a class, lead by the teacher. Extension- Split students into small groups to research one of the jobs listed above. Each | Slide 10, laptops |



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| | | group will research a different role before feeding back to the class. | |
| 5 mins | Reflect – Were there any jobs you hadn't heard of and would like to find out more about? | Students should reflect on these questions individually and make a note of their answers. | Slide 11 |
| 10 mins | Optional extensions if more time or can be set as homework | Task 1: Research Task Today we looked at the role of a childcare assistant and the skills needed. How does a childcare assistant differ to a primary school teacher? Are there different skills needed? How so the skills of a childcare assistant differ to that of a secondary school teacher? Extension How does the role of a childcare assistant differ to a university lecturer? | Slide 12 |

