

# Year 9, PE – 15 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.

### 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.

	Activity	Details	Resources
2 mins	<b>Starter</b> – Have a look at the statistics pictured and discuss the questions as a class.	<b>Task</b> In your pairs discuss the following:  1. Which statistics do you find most surprising, if any?  2. Do you think you have too much screen time?  <b>Extension</b> How can too much screen time affect you?	Slide 3
2 mins	<b>Introduction</b> – 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?	Slides 4, 5



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		<p>Get feedback, all answers welcome.</p> <p>The Challenge: Help Katy develop an entertaining afterschool programme that involves outdoor, adventurous activities rather than screens.</p>	
4 mins	<b>Describe</b> – What does a childcare assistant do?	<p>Play video and discuss the main responsibilities of the childcare assistant and the sorts of activities they arrange for the children.</p> <p>Discuss the skills and qualification a childcare assistant needs. In Pairs students discuss ideas and jot a few down.</p> <p>Discuss these as a class before showing the answers on the board.</p>	Slide 6, 7
8 mins	<b>Apply</b> – Help Katy develop an entertaining afterschool programme that involves outdoor, adventurous activities rather than screens.	<p><b>Challenge tasks</b></p> <ul style="list-style-type: none"> <li>- You must create one activity that will form part of the afterschool programme.</li> <li>-The activity must be suitable for 3-5 year olds</li> <li>-The activity should encourage the children to work in a team, building on trust and developing skills to solve problems.</li> </ul>	Slide 9 Worksheet 1
	<b>Optional extensions if more time or can be set as homework</b>	<p><b>Task 1: Research Task</b></p> <p>Today we looked at the role of a childcare assistant and the skills needed.</p> <p>How does a childcare assistant differ to a primary school teacher? Are there different skills needed?</p> <p>How so the skills of a childcare assistant differ to that of a secondary school teacher?</p>	Slide 10



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		<b>Extension</b> How does the role of a childcare assistant differ to a university lecturer?	
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