

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	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
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?	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	Describe – 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	Apply – Help Katy develop an entertaining afterschool programme that involves outdoor, adventurous activities rather than screens.	<p>Challenge tasks</p> <ul style="list-style-type: none"> - 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
	Optional extensions if more time or can be set as homework	<p>Task 1: Research Task</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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		Extension How does the role of a childcare assistant differ to a university lecturer?	
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