|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Lesson Plan: Dough Gym** | | **Duration: 15 mins (approx.)** | | **Date: Spring 2020** | |
| **Overall Lesson Objective:** **To strengthen and develop children’s fine and gross motor dexterity, hand-eye co-ordination, proprioception, balance, low load control and grip** | | | | | |
| **Learning objectives** | (8- 20) Explores and experiments with a range of media through sensory exploration, and using whole body.  22-36) Beginning to use tree fingers (tripod grip).  (22-36) May be beginning to show preference for dominant hand.  (40-60) Shows a preference for a dominant hand. | | | | |
| **Adult support** | teacher, KG- TA/PCA support, JD/EP-TA support, LM – TA support MH – TA support | | | | |
| **Lesson Content**  **& Differentiation** | **Introduction**  Start with hand and arm exercises following power point to music (music and movement video)  Encourage children to join in with these movements and to say, if appropriate, the action which they are doing. | | **Main**  Introduce dough follow exercises for using dough on power point support as needed  Staff to model different movements (roll, splat, squeeze, squash, poke, pinch) and encourage children to copy  Use hand over hand to encourage use of the dough and proper movements  Choose - staff to copy children’s choice of using the dough supporting by using correct language “we are rolling” etc  Massage – staff to massage pupils fingers, hands and arms to relaxing music | | **Plenary**  Celebrate achievements & successes together. |
| **Success Criteria** | All children will engage in activities, practising and developing fine motor skills. | | | | |
| **Resources** | PowerPoint, playdough, individual playdough containers, space dough (EP, JD) massage lotion | | | | |