



Learning through Creativing

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What is Creativity

Creativity learning is a lifelong learning with a range of learning taking place and inspires learning. Creativity learning is to increase quantity and quality of opportunities for everyone and to be able to reach the maximum potential (ALBA, 2022). Creative learning is about knowledge and developing skills using different techniques. Getting children to think creativity this has many benefits for “health development and personal growth, along with getting children to be explore different ideas and take risks and use their imagination” (Rompn’roll 2023). Creativity is where the idea come from and using your imagination and thoughts and using your expression. Creativity is where problem solving is used (Rowlands, 2018).

Understanding what body awareness when the body parts are moving. Getting children to understand how to move in a relation to the environment, other people and the equipment and themselves. Getting to know how the body moves when doing a movement fast or slow. Where the body is moving to and the environment that your are required (Youlearn , 2023).

Why is Creativity important for children

Creativity learning is important for foundation phase as they get the learn lifetime skills that will help in the future. Having children to be able to have physical education and being creative will help with confidence and social skills. There must be a “balanced between structured learning through child's activities. A well planned curriculum gives children opportunities to be creatively involved in their own learning which must build on what they already know and can do, their interest and what they understand active learning enhances to extends children's development (Gov.com, 2015). Getting children to understand the difference between personal space and general space.

How to get children to explore

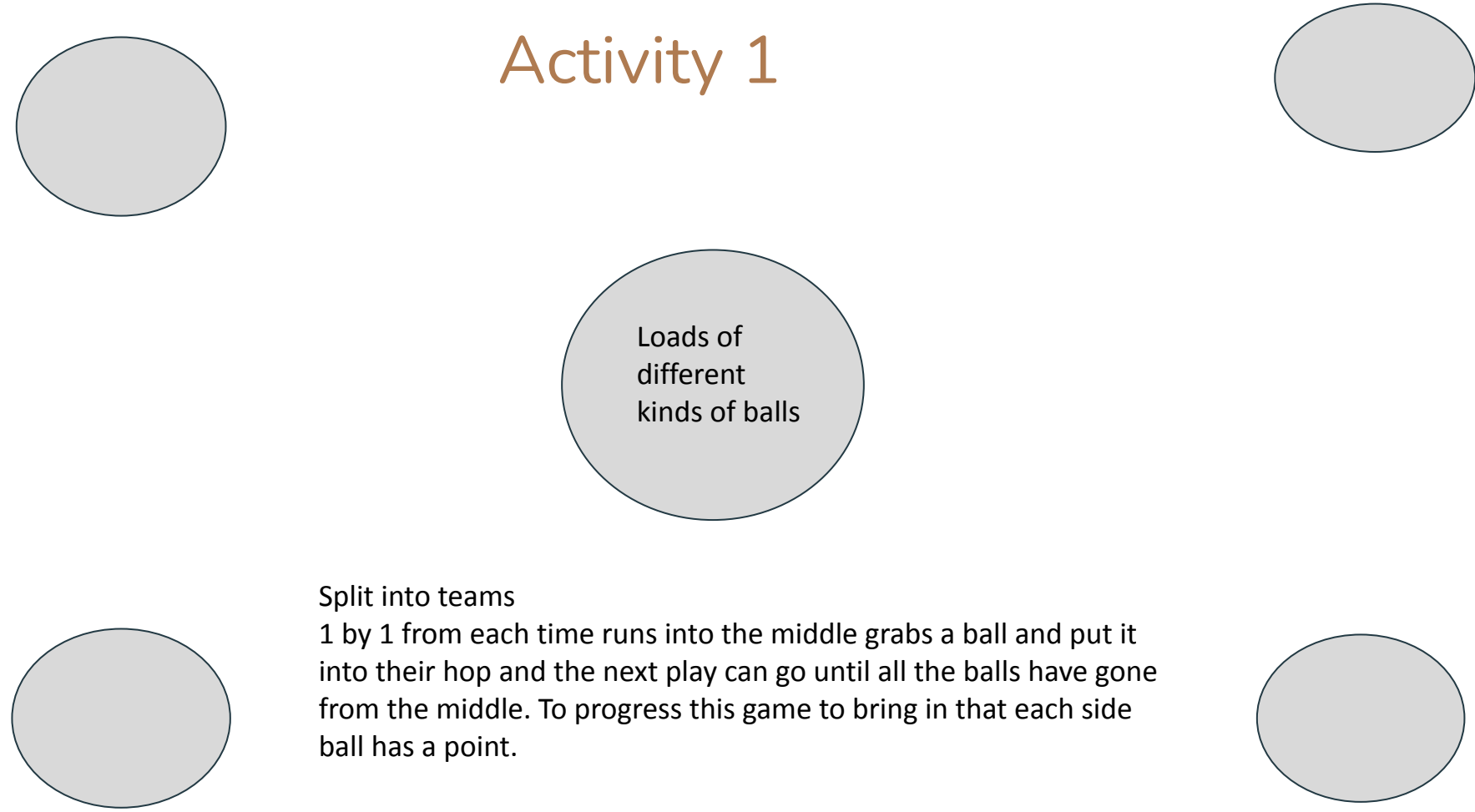
It is important to get children to explore and learn to understand the surrounding. Playing is a good way to “explore, evaluate and practise”. Having children to explore is a good way and with rewarding children with positives (Kart, 2022). It is hard to get children to explore but making it fun and positive for the children they will want to do new things and achieve things. Setting small goals for the children to achieve will make children to do activities.

Lesson Plan 1 (3-5 years)

Warm up

- Stretching muscles
- Children running around and then say ; left and right hand touch the floor , hop , head touch the floor, bum touch the floor
- Stuck in the mud

Activity 1



The diagram shows a central circle containing the text 'Loads of different kinds of balls'. Surrounding this central circle are four smaller, empty circles, one in each corner of the page, representing the positions of the teams.

Loads of
different
kinds of balls

Split into teams

1 by 1 from each time runs into the middle grabs a ball and put it into their hop and the next play can go until all the balls have gone from the middle. To progress this game to bring in that each side ball has a point.

Activity 2

Obstacle course
bench , cones , ladders , Spots

Hop from one spot to another
Jumping two feet together



Different ways over the bench -
walking, jumping over,



Hop through
Walk/ Run through
Side to side



In and out of cones



Lesson Plan 2

Warm up

- **Traffic lights**

Red - Stop and create a shape

Green- Move around different levels and different animals

2 teams and each time have to turn cones

Activity 1

Gate Away

Dribble a ball through 2 cones

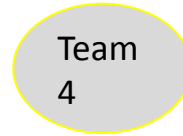
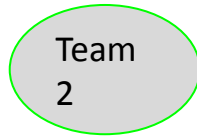
Then another go and count how many you go through

Another go and see if you can beat your score



Activity 2

- Hopes of different colour and then bean bags that matches the hopes
- Children split into teams with set colour for each team



There is will be hope the other side where all the bean bags will be with 4 different colours and 1 member from each team will have to run and grab the colour and then take it back and place into the team hope



Lesson Plan 3

Warm up

- Children running around and then say ; left and right hand touch the floor , hop , head touch the floor, bum touch the floor
- Stuck in mud

Activity 1

Bunny Tail

This is where you have to steal the tail from each other and see how many tails you have

To make this harder you could only steal the same colour tail that you have.

Activity 2

Will be using scarf to start with the juggling

Balance feather on fingers

Balance plate on a stick

spin plate on stick

Reference

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