



# “LESSON PLAN”

## VEGETABLES

### Materials

Flashcards  
Ball/balls

### Overview

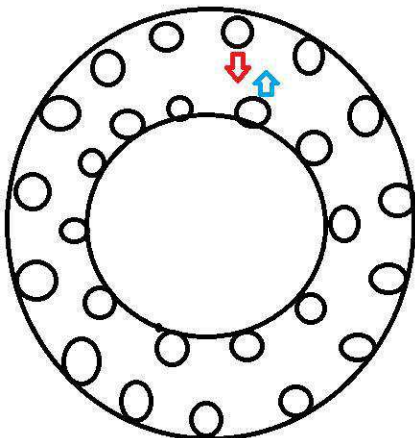
This lesson is suitable for 4, 5, 6 and 7 year olds. It is a lesson focussed on vegetable vocabulary.

### Objectives

- Develop basic motor skills
- Increasing the vocabulary of the story
- Practice how to work in groups and how to work together

### Lesson plan

#### Introduction – *less than 5 minutes.*



Place half of the pupils in a circle, facing outwards. The other half of the pupils will sit in a bigger circle around this, facing the other pupils. The pupils are sitting cross-legged. Place in between these two circles of pupils, so they can pass it through these two circles. One pupil is going to run circles between these two rows of pupils. The pupils will pass the ball by pushing it on the ground, and they will try to tag the pupil that is running. Who will be faster? You can make it more difficult, by saying that they

must change their direction. You can ask the pupils to name the ball, for example a cucumber. They must say the name of the vegetable when they touch the ball.

**Main - 30 minutes**

*Option 1: 3,4,5 year old (group 1/2)*

Divide the class into two groups. Let them stand in two rows standing opposite from each other. One side of the class is broccoli and the other side is the taggers.

The teacher will start naming vegetables. If they hear their vegetable, they must run to their side of the PE hall and touch the wall. The other will have to be very quick and try to tag one of the pupils that is running towards the wall. If the pupil can tag someone before they touch the wall, the pupil has to sit down.

After everyone has touched the wall, they will form the line again. The game will start all over again, but now the groups switch. You can choose to give them different vegetable names.

*Option 2: 6,7,8 year old (group 3/4)*

Divide the class into two groups. Let them stand in two rows standing opposite from each other. One side of the class is broccoli and the other side of the group is peas.

The teacher will start telling a small and simple story about going to the market. If one of the groups hear their vegetable, they must run to their side of the PE hall and touch the wall. The other will have to be very quick and pick up a ball and try to tag one of the pupils that is running towards the wall. If the pupil can hit someone before they touch the wall, the pupil has to sit down. After everyone has touched the wall, they will form the line again and put the balls back in their places in the middle of the PE hall. The game will start all over again. You can choose to give them different vegetable names.

**Game: Run to the vegetable**

Place the vegetables on the walls around the PE hall. The pupils will run to the card that you named.

**End – under 5 minutes**

Invite the pupils to find a spot in the PE hall to lie down. Ask the pupils to close their eyes. You're going to list some vegetables. When the pupils hear (for example) the word 'cucumber', they can slowly raise one arm or leg. Do this a couple of times.