

## Glenhaven Park Activities for the Early Years Reception – Year 3

*Learning in health and physical education promotes children's and students' self-confidence and interpersonal skills. It encourages an understanding of self and personal safety, and fosters a positive self-concept and respect for others, together with broader concerns for community and world health.*

*All of our activities are based on experiential learning that encourages individuals to participate in a group environment and work to a level of challenge which stretches them but is not threatening.*

*Safety is our priority so all our activities are conducted by qualified and experienced staff members using industry approved techniques.*

**Warm up games:** Are activities which provide an opportunity for group members to have **fun**; they lead to lots of interaction between each other and focus on effort rather than success/failure. Our warm ups include; keep me off the ground, how long is a minute and a bush obstacle course.

**Initiatives:** Initiatives are best described as team building challenges that focus more on planning, problem solving, and creative thinking, than on physical ability. There are 5 different sessions of Initiatives spread over a program which are;

1. All aboard, SHHHH & Rope Shapes
2. Tank
3. Survivor
4. Search for Wildlife
5. Pipe Challenge

**Aboriginal Dreaming:** Starting with a Kurna Dreaming story we explore the natural world through paint and then write a story using traditional Aboriginal imagery.

**Recycling:** Encouraging sustainability we tell the story of what to recycle and where recycled goods go, with a game and a tour of our composting area where the good bugs grow!

**Mini Hike:** The group explores the Light River which runs near the campsite learning about the flora & fauna, we go ponding in the river and enjoy the benefits of healthy walk.

**Planets:** We explore the universe and our relation to it, art & craft activities including the making of a giant sun that will be the centrepiece of the camp dining room for the duration of the camp (this activity is on day 1 of camp).