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| Topic Theme/Aspect: Physical Development: Health and Self-Care | Activity Title: Brushing Your Teeth |
| Schedule: Summer | Organisation: Indoors or Outdoors up to 18 children at any given time. |
| Early Learning Goal: Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs. | |
| Key Questions: Why do we go to the dentist? Have you ever been to the dentist? When do we brush our teeth? Can you show me how to brush your teeth? | Key Vocabulary: Teeth, White, Yellow, Tonsils, Tooth Fairy, Vegetables, Water, Clean, Plaque, Healthy, Gums, Mouth, Dentist. |
| Resources: Mat, Nets, Balls, White & Yellow Cones, Bendy Bridge, Green & Blue Equipment, 5 Yellow WH Cones. | |
| Welcome: Wave your hands, stamp your football feet, shake your head, wiggle your tongue. | |
| Body Parts: 'Who can put the ball' On your toes, to the sky, toes, sky, Knees, Belly (Ouch), Smelly Armpit (Phooww), Shoulder (Swap, Swap, Swap etc., under chin (Cheeeeeese), Nose (beep beep) Eye (where are you Little Legends?) head (bash& ouch), Ear (I can't hear you?) Cheek (Puff and make silly noise). | |
| Bean Game (FUNdamental Movements): Bean Game: Runner, Jumping, Tall & Broad, Baked, (small), Beans on toast (Lie Flat), Runner Beans on toast (Bicycle on floor), Tickle, Frozen, Chilli/y, Lean, Balance, ZomBean (Optional). Race. | |
| Little game: Who brushed their teeth this morning? Very good, we're going to clean our teeth today too. | |
| <ol style="list-style-type: none"> 1. Create a large U shape (like the curve of your teeth), place white cones underneath yellow cones. 2. The yellow teeth represent stained teeth and the white cones are clean teeth. 3. The coach is the naughty tooth monster who runs anti-clockwise around the mouth keeping the children's teeth stained. The Little Legends (Dentists) will run clockwise and clean the teeth putting the white ones on top. 4. Each time the Little Legends get to the back of the mouth they must crawl under the tonsils. (Bendy Bridge). | |
| Who will win? Can the dentist's leave more white teeth than yellow? | |
| Play again (make all teeth yellow). Dentist's dribble a football & pass the tooth fairy (Coach) all the yellow teeth leaving just nice white ones. | |
| Legends game: We're going to learn how to look after our teeth. | |
| <ol style="list-style-type: none"> 1. 2 teams face each other 7-10 yards apart. Green team vs Blue team. 2. Green team sit behind a row of green cones. Blue team sit down behind a row of blue cones. 3. Behind the Green team place lots of blue items. They represent healthy water which is good for your teeth. 4. Behind the Blue team place lots of green items which represent healthy vegetables which are also good for your teeth. 5. Each LL must dribble their ball to the opposite side to collect an item and bring back to put in their team's basket. 6. Try to keep going until all items are retrieved or you run out of time. Play twice try to let both teams win once. | |
| Penalties: Clean the plaque. | |
| Try to knock over 1 of 5 witch hat cones which are plaque (dirty) teeth inside net. 2 nd Penalty – Beat the Dentist (Coach). | |
| Differentiation / Opportunities for Challenge: <ul style="list-style-type: none"> • Some children may need to be given 1-2-1 attention when dribbling as they may do 'big kicks' encourage them to do 'little kicks'. | |
| Ideas for Extension into Continuous Provision: <ul style="list-style-type: none"> • Create a Dentist/Dental Surgery Role Play -Create Posters, wear uniforms. They could pretend to be a dentist, dental nurse, dental receptionist or the patient. | |

Opportunities for Observation and Assessment:

Personal, Social & Emotional Development: Managing Feelings and Behaviour

(40-60) •Aware of the boundaries set, and of behavioural expectations in the setting.

(40-60) •Beginning to be able to negotiate and solve problems without aggression, e.g. when someone has taken their toy

Physical Development: Health and Self-Care

(40-60) •Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.

Communication & Language: Speaking

(40-60) •Uses language to imagine and recreate roles and experiences in play situations.

(40-60) •Uses talk to organise, sequence and clarify thinking, ideas, feelings and events.

Understanding the World: People & Communities

(30-50) •Remembers and talks about significant events in their own experience.

(30-50) •Recognises and describes special times or events for family or friends.

(30-50) •Shows interest in different occupations and ways of life.

Expressive Arts & Design: Being Imaginative

(40-60) •Create simple representations of events, people and objects.

(40-60) •Chooses particular colours to use for a purpose.

(40-60) •Plays alongside other children who are engaged in the same theme.

(40-60) •Plays cooperatively as part of a group to develop and act out a narrative.

Activity Adaptation:

****Insert here how you will differentiate the activity to meet the specific needs of your children****

Next Steps:

****Insert here details of next steps relevant to specific children****

Evaluation to Inform Future Planning:

****Insert evaluation of session and include any information that could enhance future learning****