

Caterpillars and Butterflies >

☆ KEY FOCUS

Writing

What you need:

- ▶ Construction blocks

Where Can I Play:
Indoors or Outdoors

Let's Play



Activity 1

- Place small piles of construction blocks (food) on the floor. Ask the children to move around the room like a caterpillar. Start in a front support position (like a press up) and walk feet into hands, keeping legs as straight as possible, then keeping feet still, move hands away from feet. On a signal ask the children to crawl to a pile of food. Make a table top position (on hands and knees) with the food just in front of them. Ask the children to pick up their food and pretend to feed themselves. Explain to the children the caterpillar is so tired and full that now he needs a rest.

Activity 2

- The caterpillar is ready to wake up. Shake a wing – ask the children to lift a knee off the ground and show you how big their wings are. Can they stretch even further? Do it on both legs.

Activity 3

- Once the children have mastered the above activities, tell them the butterfly needs to strengthen its wings. Ask them to lift the opposite knee and hand and stretch them out. Ask them to slowly bring their extended knee in to touch the elbow of their lifted arm and stretch back out again. Repeat on the other side. Gradually increase the number of curls and stretches.



Top Tips



- This activity lends itself to 'The Very Hungry Caterpillar', but don't miss the opportunity to use a non-fiction text here in context.

Let's Change Things



- Ask the children to take up the table top position with a pile of food in front of them. Can they bend their elbows and use their nose to push the food away? They must come back up after every turn.
- Ask the children to take up a front support position and try to lift a hand without shifting the body weight backwards. Do this on both sides.
- Ask the children to take up a front support position and try to lift a leg and stretch it upwards. Do this on both sides.



What to look out for

- Straight back, tummy muscles pulled in and shoulders in a straight line above the hands. If their tummies sag, go back to the easier version of the task or reduce the number of repetitions.

Why is this important?

Skills for Life

- Core stability – to sit up straight at a desk.
- Shoulder strength – for handwriting.
- Crossing the midline – for reading.

Active Skills

- Core stability – to jump.
- Shoulder strength – for performing a forward roll.
- Crossing the midline – for catching a ball.



Prime areas of Learning

- PSE** Celebrate success to increase confidence.
- PD** Core stability and shoulder strength.
- C&L** Introduce a sound to signal the butterfly waking up, possibly a tinkling tambourine. Children need to listen carefully for the sound.

Areas of Learning

- LIT** Link to non-fiction texts on the life cycle of a butterfly.
- Maths** Folding butterfly pictures for symmetry.
- UtW** The life cycle of a butterfly.
- A&D** Create a picture of a butterfly using materials of their choice.

Vocabulary

Pupa, larvae, chrysalis