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Learning and Participation Resource Pack

Healthy Living:

Session 1 – Oliver's Fruit Salad

Originally for lower KS2 pupils with ASD and Learning Difficulties. Can be used for varying ages - depending on individual needs.



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Overview

Lesson ideas for the topic of the healthy living. Including activities for: drama, music, dance and sensory. Exploring different stories with an emphasis on healthy lifestyles in a practical way with a focus on turn taking and communication/interaction.

Lesson Ideas

Warm up/icebreakers

- **VOCAL WARM UP:** Sing a welcome song, hello song, a song to signify to the children that this lesson has begun, whether it be drama, music, dance, sensory or a combination.
- **PHYSICAL WARM UP:** Put on a song of your choice to do a physical warm up. Just simple movement imitation in time with the music.
- **FOCUS WARM UP:** A simple game to get the children focussed and ready to learn.
- Emphasise to children why you are doing each activity and its purpose, i.e. what it is warming up - voices, bodies, brains.

Task ideas/starting points

- This lesson is drama focussed.
- Have the children in a circle either on the floor or chairs.
- You will need a speaker and access to YouTube for this session.
- You will also need a piece of fabric for the cool down.
- You will need large pieces of fabric of different colours of the rainbow.
- You will need printouts of fruit matching the colours of the fabric.
- You will need dance scarves of varying colours.

Task developments

- **STORY:** Read Oliver's Fruit Salad to the class as this is the basis for the session.
- **FRUIT SALAD GAME:** Give each child a fruit - either apple, banana or orange. When you say the type of fruit they must come into the middle and then swap places with someone who is the same fruit. If you say fruit salad, they all swap places.
- **HEALTHY EATING RAINBOW:** Using the large fabric, as a group create a rainbow. Hand out the different fruits and get the children to decorate the rainbow with the fruits - matching the colours of the fruit with the fabric.
- **FRUIT SALAD MOVEMENT:** Using fabric or string create a large circle which will be the salad bowl. Get the children to fill the bowl with fruit (the dance scarves). Play music and one at a time the children will come into the circle and mix the salad.

Differentiation for lower/higher ability

- If working with groups/individuals with a limited understanding of spoken language focus on the healthy eating rainbow and fruit salad movement activities. And use the movement activity as an opportunity for interaction.

Cool down ideas

- Using a piece of fabric, lift it high above the individual's head and then wash it over them. This is best accompanied with music, and when doing this activity in groups, put a calming visual on for them to have something to focus on whilst they wait for their turn.

Outcome

The children will have explored the theme of healthy living in a practical way and used multiple disciplines and skills to do so. If it is part of a wider curriculum theme, sessions like this can be used to generalise their knowledge.

Resources and useful links

- **Resource 1:** Oliver's Fruit Salad
<https://www.youtube.com/watch?v=jcTprklmlml&t=2s>
- **Resource 2:** Dance Scarves https://www.amazon.co.uk/Geboor-Juggling-Movement-Performance-Accessories/dp/B07NTHC9D1/ref=sr_1_2_sspa?crid=QA5THGMH7YK3&dchild=1&keywords=dance+scarves&qid=1585909555&s=kids&sprefix=dance+scarves%2Caps%2C269&sr=1-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExUTNGQzBPMlc4REJLJmVuY3J5cHRlZEIkPUEwOTI2ODkyWjNLWjZOTjIjCjVTVUJmVuY3J5cHRlZEFkSWQ9QTA0NDk1ODMxNTBRT0RHWUJzTFIGJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==
- **Resource 3:** Chill out playlist
<https://open.spotify.com/playlist/11HXfRni5ynyb08n1U23f8?si=xGT04lnXRnKGAHfm1I9PJQ>
- **Resource 4:** Movement playlist
<https://open.spotify.com/playlist/4Zv0N1uv0egDIFV1FQiWye?si=0DW0QCi0Ro--IH7L6PX2vQ>

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