



HIPPODROME  
EDUCATION  
NETWORK



BIRMINGHAM  
HIPPODROME  
PROJECTS

# Learning and Participation Resource Pack

Healthy Living: Session 2 - How to Make  
an Apple Pie and See the World

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



HIPPODROME  
EDUCATION  
NETWORK



BIRMINGHAM  
HIPPODROME  
PROJECTS

# 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 comprises drama, music and dance activities.
- 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 dance scarves or small pieces of fabric.
- Printouts or objects to represent eggs - one for each child - hide them around the room before the session.
- Items for the apple tree.

## Task developments

- **STORY:** Read How to Make an Apple Pie and See the World, complete each activity after reading that corresponding section.
- **ITALY:** Lay out the dance scarves in the middle of the circle, this will act as the wheat that appears in the story. Get them to get the wheat from the field for our apple pie. Remember they are in Italy so show that they are hot from working hard. Use an instrumental Italian piece of music to accompany.
- **FRANCE:** Get each child to find one of the eggs which have been hidden around the room. Use music from Amélie the film to accompany this.
- **SRI LANKA:** For this activity, one child or adult will be the sleeping leopard. You must sneak up and try and get the ingredient from near the leopard without waking them. If they turn around, make sure you freeze, or you will be out! Use instrumental Sri Lankan music to accompany this activity.
- **ENGLAND:** Get children to complete a moo off!!!! Get each child on their hands and knees in pairs and look at each other and moo, whoever holds it the longest wins. Use an instrumental version of the national anthem to accompany this.
- **JAMAICA:** Using an instrumental version of Night Boat to Cairo and the dance scarves shake like the sugar cane tree to get the next ingredient. The movements can be up to you, utilise the scarves and shake!
- **VERMONT:** Create an apple tree in the centre of the circle and get each child to take an apple from the apple tree. Use the song Don't Sit Under the Apple Tree to accompany.
- To finish, check off all the ingredients from the shopping list.

## Differentiation for lower/higher ability

- If understanding of spoken language for groups/individuals and they need a more sensory exploration you can do the following.
- **ITALY:** Dance in the wheat fields. One at a time using a piece of fabric move with the child.
- **FRANCE:** With adult support go and find the eggs together and have a picture of what they need to find with you.

- SRI LANKA AND ENGLAND: Get fabric of the animals mentioned for the children to feel - as if they are petting the animal in the story.
- JAMAICA: Still using the dance scarves and the music, shake the sugar cane tree with each child one at a time.
- VERMONT: Complete the activity with adult support.

### 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** : Chill out playlist  
<https://open.spotify.com/playlist/11HXfRni5ynyb08n1U23f8?si=xGTo4lnXRnKGAHfm1I9PJQ>
- **Resource 2**: Movement playlist  
<https://open.spotify.com/playlist/4Zv0N1uv0egDIFV1FQiWye?si=0DW0QCi0Ro--IH7L6PX2vQ>



BIRMINGHAM  
HIPPODROME  
PROJECTS

- **Resource 3:** Thematic playlist  
<https://open.spotify.com/playlist/6Nvmw7IC20i6ZE0UaDwxyh?si=IKi6X8r-QuitQ6NFjBMnng>
- **Resource 4:** How to Make an Apple Pie and See the World  
<https://www.youtube.com/watch?v=ZrwJDzqUX9o&t=267s>
- **Resource 5:** 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=ZW5jcnlwdGVkUXVhbGlmaWVyPUExUTNGQzBPMlc4REJLJmVuY3J5cHRlZEIkPUEwOTI2ODkyWjNLWjZOTjIjCjVTVUJmVuY3J5cHRlZEFkSWQ9QTA0NDk1ODMxNTBRT0RHWUJzTFIGJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](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=ZW5jcnlwdGVkUXVhbGlmaWVyPUExUTNGQzBPMlc4REJLJmVuY3J5cHRlZEIkPUEwOTI2ODkyWjNLWjZOTjIjCjVTVUJmVuY3J5cHRlZEFkSWQ9QTA0NDk1ODMxNTBRT0RHWUJzTFIGJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==)

**Please Note: Birmingham Hippodrome takes no responsibility for the content of third party websites.**

If you require further information contact  
[schools@birminghamhippodrome.com](mailto:schools@birminghamhippodrome.com)  
[participation@birminghamhippodrome.com](mailto:participation@birminghamhippodrome.com)



BIRMINGHAM  
HIPPODROME  
PROJECTS