

Key Stage 4: Year 10

Title: Content Area 3: Care Routines, play and activities to support the child.	Why study this SOW? To provide additional information on holistic development.
Overview/Key Information: The learner will understand the child's care needs and the importance of play and activities to support the child's independence, health, safety, and wellbeing from birth to 5 years.	Additional Information: This unit will be assessed via an NEA in Year 11.

	Lesson Title	Lesson Outcomes	Key Discussion Questions	Lesson Outline	Misconceptions
1	What are the basic needs of a child?	<ol style="list-style-type: none"> I can explain what a child's basic needs are. I can understand how an Early Year's Practitioner can meet these needs. 	<ol style="list-style-type: none"> What is Maslow's hierarchy of needs? What are the basic needs of a child? How are these needs met in an early years setting? How would you plan to meet these needs? 	<ul style="list-style-type: none"> Mini Whiteboard: What are your basic needs? Do these differ to a child's needs? Stick Maslow's hierarchy in, annotate through video clip Mini Whiteboard: For each of the basic needs consider how a child may present, if these needs are not being met. Scenario: Elina is 2 and a half years old. She attends nursery for 5 days a week. Create a plan of activities that will meet her basic needs. Red: I can identify different activities to meet her needs Amber: I can complete the template and describe how 3 activities meet her needs Green: I can complete the template and explain how the activities meet her needs Blue: I can complete the template and consider how the activities meet her needs, explaining how they also link with her holistic development Purple pen opportunities Mini Whiteboard 2 minute challenge: What is Maslow's Hierarchy of needs? 	
2	What are the psychological needs of a child?	<ol style="list-style-type: none"> I can explain what a child's psychological needs are I can understand how an Early Year's Practitioner can meet these needs. 	<ol style="list-style-type: none"> What are the psychological needs of a child? How are these needs met in an early years setting? How would you plan to meet these needs? 	<ul style="list-style-type: none"> Mini Whiteboard: Recap each level of Maslow's Hierarchy- without looking in your book! Mini whiteboards: What does it mean to belong? What feelings do you associate with this? Give an example of how a 0-5 year old may feel like they belong. Video input, students to make notes. Students to answer comprehension style questions Purple pen opportunity Scenario: Plan a day of activities for the children that balances all of their needs. You should explain which area(s) of Maslow's hierarchy the task is linked to, and explain how it meets the need of the children. Mini Whiteboard 2 minute challenge: Why is it essential to make sure children's psychological needs are met, in an early Years setting? 	

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3	What is a personal care routine, for a 0-5 year old?	<ol style="list-style-type: none"> 1. I can describe the basic care routines of a child 2. I can explain how to promote independence around these routines. 	<ol style="list-style-type: none"> 1. What is a personal care routine? 2. Why is it important to promote independence around basic care routines? 3. How does a personal care routine support a child's development? 	<ul style="list-style-type: none"> • Mini Whiteboard: Recap each level of Maslow's Hierarchy- without looking in your book! • Morning routine challenge • Baseline: Step by step routine of how to change a nappy • Video input • Practical: Teacher to model nappy changing, students to mirror in pairs. • Teacher input on personal hygiene of babies • Mini Whiteboards- At what age do you think a child will start to be toilet trained? Consider the steps that lead to a child being fully toilet trained. • Video input to demonstrate toilet training • If time left, students to start a homework task • Mini Whiteboard 2 minute challenge: Why is a personal care routine important for a child's development? 	
4	What is a basic care routine, for a 0-5 year old?	<ol style="list-style-type: none"> 1. I can describe the basic care routines of a child 2. I can explain how to promote independence around these routines. 	<ol style="list-style-type: none"> 1. Why is sleep so important to a child? 2. How can you promote a good sleep routine? 3. How are mealtimes part of a basic care routine? 	<ul style="list-style-type: none"> • Mini Whiteboard: Write a summary of how you feel when you haven't had enough sleep. Consider each area of your development: <i>Physical, cognitive, communication & language, social & emotional.</i> • Teacher and video input on sleep • Word fill • Stretch & Challenge: In your exercise book, write a paragraph to explain how sleep impacts each area of development is connected to at least one other. • Teacher and video input on feeding • Practical: Teacher to model bottle feeding, students to mirror in pairs. • Video input on strategies • Scenario: Success Criteria: <ul style="list-style-type: none"> o Red: I can identify what I will do at each stage. o Amber: I can describe what I would do at each stage. o Green: I can explain and provide reasoning on my choices. • Review: Mini Whiteboard 2 minute challenge: Why are routines important for a child? 	
5	How does physical activity help a child develop?	<ol style="list-style-type: none"> 1. I can describe how physical activity supports holistic development 2. I can explain how to plan physical activity to support holistic development 	<ol style="list-style-type: none"> 1. How can play be initiated or planned? 2. How does physical play help to develop a child, holistically? 3. What are the different types of play? 	<ul style="list-style-type: none"> • Mini Whiteboard: Mind map: What are the benefits of physical activity for a child aged 0-5? • Think: Maslow's Hierarchy- which elements of this, can be met through physical activity? • Pair: Share your ideas. • Share: Be prepared to explain, your partners ideas. • Video input on physical activity • Purple pen opportunity • Market Research activities on the different types of play • Baseline: You have been tasked with creating a sports day (afternoon) at the nursery where you work. This will involve children aged 3-5 years old. What activities would you include? • Sports day planning: 	

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				<ul style="list-style-type: none"> • Red: I can identify 5 different sporting activities and identify the type of play it is. • Amber: I can complete a sports day template, and describe how the activities support development • Green: I can complete a sports day template and explain how the activities support each area of development • Blue: I can explain how different types of physical play can support holistic development and consider the resources and planning required. • Review: Mini Whiteboard 2 minute challenge: How does physical play help to develop a child, holistically? 	
6	Planning play activities to support holistic development	<ol style="list-style-type: none"> 1. I can describe how creative play supports holistic development 2. I can explain how to plan activities to support holistic development 	<ol style="list-style-type: none"> 1. How can creative play be initiated or planned? 2. How does creative play help to develop a child, holistically? 3. What is the role of an EYP in planning play? 	<ul style="list-style-type: none"> • Mini Whiteboard: What are the four different groups of play? • Challenge: list how each type of play, helps a child to develop holistically. • Teacher input through varied source of videos to highlight the different types of play. Teacher to question and unpick how the different activities supported the children's development • Role of EYP in play: Students to attempt the worksheet • Purple Pen opportunity after • Teacher to go through scenario and success criteria of the group presentations. • 2 lessons and homework input. • Class to peer assess based on success criteria being displayed on the board- 2stars and a wish. 	