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Adventure on the Magic Stones

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Age: Kindergarten children (ages 2–5)

Time: 1 lesson

Objectives:

- To develop motor skills, coordination, balance, and relaxation.
- To strengthen upper body and trunk muscles.
- To enhance cooperation and social skills.
- To improve concentration and mindful breathing.

Competencies:

- Learning Competency – Children learn to consciously control their bodies and coordinate movements.
- Social and Personal Competency – Develop cooperation during group activities.
- Communication Competency – Verbal and non-verbal interaction during the game.
- Problem-Solving Competency – Decision-making and quick reactions to stimuli.
- Civic Competency – Respecting game rules and other children.

Language:

- stone, balance, jump, run, hold, lift, pass, walk, squat, breathe, relax

You will need:

- small stones (one per child for exercises, two per child for the main game)

Lesson Plan:

1. Warmer (10 minutes) – Game: "Islands"

Goal: Prepare the body for movement, improve reaction speed and focus.

- Description:
 - ✓ Children run freely around the classroom ("the sea").
 - ✓ When the teacher calls "Shark!", they must quickly find a stone ("island") to stand on.
 - ✓ The game is repeated several times, varying speed and intensity.

2. Preparation (15 minutes) – Exercises with Stones

Goal: Strengthen muscles, improve balance and coordination.

- Description: Each child has one stone and practices different movement tasks:
 - ✓ Lifting the stone above the head, in front, and to the sides.
 - ✓ Standing on one leg while holding a stone.
 - ✓ Passing the stone from one hand to the other behind the back.
 - ✓ Walking along a straight line while balancing a stone on the palm.
 - ✓ Squatting while holding a stone close to the chest.
 - ✓ Jumping over the stone with feet together.
 - ✓ Placing the stone on the back of the hand and walking without dropping it.
 - ✓ Holding the stone with both hands and making circular movements around the waist.
 - ✓ Standing on tiptoes while holding a stone above the head for balance training.



3. Main Part (15 minutes) – Game: "Running with Stones"

Goal: Improve speed, coordination, and teamwork.

- Description:
 - ✓ Each child has two stones placed in front of them.
 - ✓ On command, they take one stone and run to the other side of the room to place it down.
 - ✓ They return for the second stone and place it on top of the first one.
 - ✓ The first child to successfully stack both stones and sit on them is the winner.

4. Conclusion and Relaxation (5–10 minutes)

Goal: Calm the body and mind, develop mindfulness.

- Activity: Relaxation and breathing exercise
 - ✓ Children sit on their stones.
 - ✓ They observe their hands, gently touch themselves and a friend next to them.
- Breathing exercise:
 - ✓ Children place one open hand in front of them.
 - ✓ With a finger from the other hand, they trace up to the fingertip while inhaling and down while exhaling.
 - ✓ They repeat this for all fingers.
- Conclusion:
 - ✓ This activity supports physical fitness, speed, balance, and teamwork among children. The relaxation phase helps them calm down and become aware of their bodies.

