



My Noisy Feet!

My and My Family

All About Me



Resources

- Appropriate outdoor clothing for all children
- Water to make puddles outside (if it hasn't been raining)

Aspect

3

Objective: To explore the sounds our bodies can make.

Key Words: squelch, splash, crunch, jump, stomp, tiptoe

Small Group Activity

20 minutes

1. **'Today, we are going to use our noisy feet! We are going to go on a walk and explore the different sounds we can make.'**
2. Start the walk on the playground. **'Can you stomp your feet?'** Encourage the children to talk about the sound it makes. **'What does it sound like?'** Model describing the sound.
3. Stomp through the puddles of water. Encourage the children to use key words to talk about the sounds they make. **'What happens if you gently put your feet down this time? What is the sound like now?'**
4. Continue the walk through a variety of terrains, including long grass, squelchy mud and piles of leaves.
5. Encourage the children to use their feet in different ways to make sounds, such as jump, stomp, tiptoe.

Extension

6. Allow the children time to independently explore the sounds they can make. Observe the way children independently explore different body percussion sounds and the vocabulary they use.



Aspect 3: Body Percussion

Strands covered:

- Tuning into body percussion sounds
- Listening and remembering body percussion sounds
- Talking about differences between body percussion sounds

Enhancements

- Encourage children to discuss the sounds that they hear in the wet play area. Can they make similar splash noises to those that they did in the puddles outside?
- Hide crunchy leaves in playdough to encourage the exploration of sounds. Children could also print with the leaves in the playdough.

Look, Listen, Note

How well can the children...?

- use feet to make different sounds
- use a range of vocabulary to talk about sounds
- talk about the different sounds they make

