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Learning and Participation Resource Pack

Healthy Living: Session 3 - Tyler Makes Spaghetti

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.
- Items to use at the ingredients for the spaghetti meal.
- A written-out recipe that looks like Tyler has given it to you.

Task Developments

- **INTROUDCE TYLER:** This session is inspired by the story Tyler Makes Spaghetti. Tyler is going to make spaghetti. So is his dog, Tofu, especially if there are meatballs involved. Tyler loves spaghetti and meatballs so much he wants to make it for his family. But he needs our help!
- **MAKE THE RECIPE TOGETHER:** Using string or a large piece of fabric, make a large circle on the floor which is our bowl and read the recipe out loud and get the children to put the ingredients in.
- **COOKING CHANNEL FILM:** Get the children to work in smaller groups and re-explain the recipe themselves and film it, watch it back at the end, the children get really excited about watching themselves back!

Differentiation for lower/higher ability

- If understanding of spoken language is limited, make the recipe together as a class.
- Also, another activity for a more sensory learner could be rainbow spaghetti. Using a tuff-tray or individual trays fill the tray with rainbow spaghetti. You make spaghetti as normal, and then put it in food bags with some food colouring and let the children explore.

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>

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