

My Outdoor Adventure Diary

Learning objective: To recount a physical outdoor activity using descriptive language and clear sequencing.

Today, you are going on an outdoor adventure with Max the monkey! Think about a game or a sport you played outside. Use the boxes below to write about your day. Use the word bank if you get stuck. Write in short, clear sentences.

Word bank: active · running · jumping · outside · exercise · energy · fun · tired · happy

1. The Activity: What outdoor sport or game did you play today? Start your sentence with: 'Today, I played...' (2 marks)

2. The Equipment: What did you need to play the game? (Think about balls, hoops, or trainers). Start your sentence with: 'I used...' (2 marks)

3. The Movement: How did you move your body? (For example: 'I was running fast' or 'I was jumping high'). (2 marks)

4. The Feeling: How did your body feel after the exercise? Start your sentence with: 'After the game, I felt...' (2 marks)

Extension challenge: Draw a picture of yourself playing your favourite outdoor game in the box below. Label two things you can see in your drawing.