



Title and Picture of the book:

'The Very Hungry Caterpillar'
by Eric Carle

Key themes

- Movement, change

Main focus

- Children can recreate the different stages of the life cycle within a PE dance lesson.

Subject: Physical Education
Junior and Senior Infants

Strand: Dance

Strand unit: Exploration, creation and performance of dance

Strand unit: Understanding and appreciation of dance

Why use this book?

This book provides a fantastic stimulus for movement as the life cycle of a butterfly is examined through colourful illustrations.

Questions

- How big was the caterpillar to begin with?
- What did the caterpillar begin to do at the start of the story?
- What kind of foods did the caterpillar eat?
- Which foods do you think he liked the most?
- In what way did the caterpillar begin to change?
- How do you think he felt after eating all the food?
- What were the different stages the caterpillar went through?
- How might caterpillar move differently at the different stages?

Follow up activities

- Ask pupils to make small tiny shapes like the caterpillar with their bodies
- Elicit from the pupils how they will pop out of the egg. You may wish to work on the fundamental movement skill of jumping for height at this point.
- Encourage pupils to travel like a caterpillar
- Ask some pupils to make food shapes with their bodies. Other pupils travel through a hole in the shapes
- Practise spinning a cocoon. How might your body move to make the cocoon?
- Move around like the butterfly? What kind of movements would the butterfly make?
- Put all the movements together to make a dance with music