



You are a racing car! We're going to move around in 1st gear (slowly) and get faster as we move through 2nd, 3rd and 4th gears up to super speedy 5th gear! Listen as your friend calls out a gear and drive at that speed.

RESOURCES:

A marked out area to play in (roughly 4m x 4m)

TEACHING POINTS:

Encourage the children to keep their heads up and to be looking forwards to where they will move to next. Try to get the speeds moving through the range.

MAKING IT HARDER:

- Hold up cards showing the cardinal numbers 1st-5th. Can they recognise the speed they should move at?
- Can the children work together as cars in pairs?

MAKING IT EASIER:

- Support the children by moving around at the correct speed alongside them
- Encourage the group through the use of descriptive words - "it's slooooow first gear" or "getting faster in 3rd gear"

LINKS TO THE EARLY LEARNING GOALS:

PD, M&H - Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

M, N - Children count reliably and say which number is one more or one less