



Pick one person to be fast Freddie – they will stand at the end of the space with their back turned to the rest. The rest of the group spreads out in a line. As they call “fast Freddie, fast Freddie, what time is it?” Freddie will call out a time from 1 o’clock to 12 o’clock and everyone will take that many jumps towards him. Once in a while, instead of a time, Freddie will call “it’s run around time!”.

Everyone must run back to where they started, and whoever Freddie catches is the next caller.

### RESOURCES:

A starting line

A spot for Freddie to stand on

### TEACHING POINTS:

Children should try and jump from 2 feet to 2 feet, bending their knees and then driving upwards using their arms to ‘explode’ forwards, landing with soft knees. Counting out loud as they jump will help them link one movement to each count.

### MAKING IT HARDER:

- Try jumping from 1 foot to 2 or 1 foot to 1 (hopping) and keeping their balance for a few moments on landing
- Stretch the game over a larger space to give a longer game playing time

### MAKING IT EASIER:

- Count as a group for each jump
- Give Freddie a soft ball to throw at the feet of the other children to choose who will be the caller rather than catching them

### 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 – equating movements to numbers with 1 to 1 correspondence