



Fast Freddie is going to show you some of his favourite moves! When Freddie says 'go' you have to run as fast as you can around the space. For 'stop' you must stand statue still. When Freddie says 'jump' it's a 2 foot to 2 foot jump as carefully as you can and 'duck' is a crouch on the floor, arms tucked around your knees. You can take it in turns to be fast Freddie and challenge your friends!

RESOURCES:

A large marked out area to play in (roughly 6m x 6m)

TEACHING POINTS:

Encourage the children to keep their heads up and to be looking forwards to where they will move to next. When jumping, 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

MAKING IT HARDER:

- Make the play space a smaller area
- Can the children think of any other moves which Freddie might use? How about a dodge?
- Can the children partner with a friend and move alongside each other?

MAKING IT EASIER:

- Play the game with fewer children at once
- Make printed picture cards of each skill to use as visual prompts to support the verbal directions

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.

C&L, L&A – Children give their attention to what others say and respond appropriately