



Fast Freddie is fab at dodging in and out of things! Put lots of cones out all over your play area – what could they be? Sandcastles on the beach? Molehills in a field? Fishes in the river? Now follow the leader in and out of these as you dodge through as quickly as you can!

### RESOURCES:

12 coloured cones

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.

### MAKING IT HARDER:

- Make sure the leader is taking some sharp changes of direction at times plus some longer stretches to build up speed.

### MAKING IT EASIER:

- Play the game with fewer children at once
- Make the course one that runs from one end to another so that the children don't have to follow a leader.

### 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.