



Fast Freddie loves zooming on his balance bike! As you ride around, the caller will shout “high five!”. You need to slow your bike down and carefully move to a friend and give them a high five without bumping bikes!

RESOURCES:

A balance bike for each child who is playing (4-6)

A marked out area to play in (roughly 8m x 8m)

TEACHING POINTS:

Encourage the children to look where they are going, not at their feet. Check the seat height means their feet are flat on the ground and that they know how to stop safely before starting the game.

MAKING IT HARDER:

- Encourage the children to increase their strides to include a ‘glide’
- Add some cones to the play space to weave in and out of

MAKING IT EASIER:

- Play the game with fewer children at once
- Ask the children to high five an adult who can stretch out towards them rather than each other.

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. They handle equipment effectively

PSE, MR – Children play co-operatively, taking turns with others