



Put a different coloured cone in each corner of the space. Choose someone to be Freddie who stands in the middle and covers their eyes. All the others run to any cone and Freddie will call a colour. Anyone stood at that colour is must do 5 star jumps!

RESOURCES:

4 different coloured cones

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

TEACHING POINTS:

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

MAKING IT HARDER:

- What other challenges could Freddie set for the children in the corner they choose? Jumping up and touching their toes?
- Encourage Freddie to listen when the majority of children might be as they move

MAKING IT EASIER:

- Make the challenge less taxing, for example 3 pats of their head rather than star jumps

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.

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