**Physical Education in Early Years – Wednesday 13th February 2013**

**Morag Young/Morag Simpson**

Warm up activities– using spots/markers/hoops

– **travelling using a variety of movement patterns: walk, skip, jog, hop, jump, toes up, heels up etc**

* Travel back to own spot on command
* Touch with named body part
* Jump over, jump in, side to side
* Call out numbers, 2 people to join together on spot
* Call out a colour

Warm up game – Rabbits – spots are rabbit hole, travel back to own hole, meet a partner and travel back to hole etc

Activities linking with literacy and numeracy

**Rhyming game, Sunday, Monday....Runaway!**

Relay style format:

Matching numbers, dominos, letters, pictures, colours, opposites, sounds etc

**Beanbag- colour recognition game**

Themed Activity trail – Circuit layout – Pirate Adventure

1. Stepping stone - Jump feet together in and out of hoops
2. Walk the plank - step onto bench, travel along to end jump onto mat
3. **Sea scramble – scramble through hoop along mat, run round cones**
4. Row ashore – Moving backwards across the space using legs and arms in a rowing action
5. **River crossing – run round cones leap or jump over the space ( river made by 2 ropes)**
6. Steal the treasure – relay race to and from treasure chest (collect own colour)
7. **X marks the spot – using small foam ball or foam javelin throw towards target on wall**

Alternative examples of above –

Jungle Run

1. Banana balance – yellow beanbag on top of bat travel over obstacles
2. Frog jumps – along mats
3. Snake slither – move on tummy along zig zag style mats
4. Jungle path – Use ropes to make path, travel to end and return
5. Hop, Skip – Hop over mini hurdles/cones, skip back to start
6. Jungle Slalom – zig zag run around obstacles

Activities can be adapted to suit any topic e.g. space, fairyland, dinosaurs etc