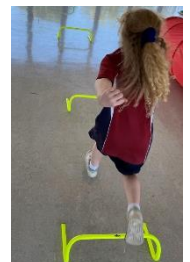




Activity	<i>Cross the Line</i>
Equipment	5 x gym mats, 1 x long rope, ribbon or line drawn on the ground, 8 x dots, 2 x tunnels
Instructions	<p>Place 2 rows of 4 dots side-by-side, in a straight line. Children line up and one at a time place one foot on each of the first two dots, then step forward in a criss-cross fashion on the remaining dots so legs cross the midline. Repeat, first stepping over a line, then return by crawling through the tunnels back to the start.</p> <p>Safety: Ensure children move in same direction and give each other time and space to move.</p> <p>Side Activity: Not required.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Move faster <p>Easier:</p> <ul style="list-style-type: none"> • Move slower • Walk with assistance (Activity Leader holds hand and gives individual instruction)
Key words/phrases	Across, over, step, left, right, opposite, crawl
Teacher Notes	





Activity	<i>Hopping Circuit</i>
Equipment	1 x ribbon, tape, hurdle, line and cone to hop over
Instructions	<p>Hop over an object from front to back or from side to side</p> <p>Safety – Ensure children walk in same direction so they don't bump into each other.</p> <p>Side Activity: Not required.</p>
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Faster • More complex sequences <p>Easier:</p> <ul style="list-style-type: none"> • Slower • Hop with assistance (Activity Leader holds hand)
Key words/phrases	Over, side to side, backwards, forwards, left, right
Teacher Notes	




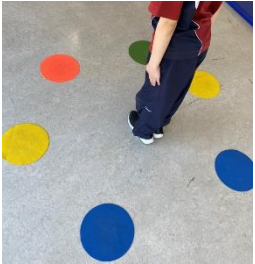
Activity	<i>Hopscotch Hoops</i>	
Equipment	10 x hoops (hopscotch), 1 x tennis ball, hoop and cone per child	
Instructions	<p>Children perform a 2 foot jump into each hoop by bending their knees, pushing their feet against the floor and swinging their arms back and through to jump higher. Name colours of each hoop as they land. Repeat 3 times.</p> <p>Safety: Encourage children to jump into the middle of the hoop and not land on the hoop.</p> <p>Side Activity: Children individually toss a tennis ball in the air and catch it in a cone whilst sitting or standing in a hoop.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Jump faster • Move hoops further apart <p>Easier:</p> <ul style="list-style-type: none"> • Jump slower • Jump with assistance (Activity Leader to hold hand) 	
Key words/phrases	2 foot jump, colours, bend knees, push to jump high, tight, straight body	
Teacher Notes		


Activity	<i>Hopscotch</i>	
Equipment	1 x hopscotch drawing or mat, 1 x beanbag, 1 x hoop per child, 1 x balloon per pair	
Instructions	<p>Toss a beanbag onto a hopscotch square and hop from square to square to pick it up. Repeat 3 times, aiming for a number nominated by either the Activity Leader or a child.</p> <p>Safety: Ensure no one stands at the end of the hopscotch mat when tossing the beanbag.</p> <p>Side Activity: In pairs, children stand in a hoop opposite each other and gently tap a balloon, with either hand, to keep it in the air.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Hop Faster • Hop on non-preferred foot <p>Easier:</p> <ul style="list-style-type: none"> • Hop with assistance (Activity Leader to hold hand) • Allow 2 foot jumping 	
Key words/phrases	One foot hop, left, right, underarm throw, on, over, numbers 1-10	
Teacher Notes		


Activity	<i>Ladder Walks</i>	
Equipment	1 x fitness ladder, 4 x beanbags per child, 1 x hoop per child	
Instructions	<p>Child walks along the ladder, stepping on each ladder rung. Then hops between each rung on their left foot, right foot and then 2 foot jumps. Finally, Bear Walk along the edge of the ladder.</p> <p>Safety: Ensure all children are in view as one child works with the ladder.</p> <p>Side Activity: In a crawling position, children pick up a beanbag in one hand, and toss it into a hoop 1 metre in front of them. Repeat, alternating hands.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Walk and hop backwards • Don't look down at the ladder <p>Easier:</p> <ul style="list-style-type: none"> • Gallop between rungs instead of hopping • Move with assistance (Activity Leader to hold hand) 	
Key words/phrases	Over, along, on, between, edge, left, right, hop, jump	
Teacher Notes		


Activity	<i>Follow the Leader</i>	
Equipment	2 x tunnels, 6 x cones, 1 x fitness ladder, 1 x low beam, 3 x hurdles, 4 x hoops	
Instructions	<p>Bear Walk from cone to cone, then walk heel to toe along a beam and step over low hurdles spaced along the beam, step in and out of ladder rungs, crawl under high hurdles, through tunnels and 2 foot jump in each hoop.</p> <p>Safety: Ensure children move in same direction so they don't bump into each other.</p> <p>Side Activity: Not Required.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Move Faster • Move backwards through and under obstacles <p>Easier:</p> <ul style="list-style-type: none"> • Move Slower 	
Key words/phrases	Through, along, in, out, under, on, ladder, hurdles	
Teacher Notes		


Activity	<i>Cross Pattern Crawling</i>	
Equipment	5 x gym mats, 2 x tunnels, 6 x hoops	
Instructions	<p>Demonstrate how to crawl on hands and knees, opposite arm and leg move at the same time. Children crawl along the gym mats, jump 2 feet together into each hoop lined up in a row, then crawl through the 2 tunnels, back to the start.</p> <p>Safety: Ensure only one child at a time is on the gym mats and all children are moving in the same direction through the activities.</p> <p>Side Activity: Not required</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Crawl faster but ensure cross patterning is followed <p>Easier:</p> <ul style="list-style-type: none"> • Crawl slower with assistance (Activity Leader provides individual instruction) 	
Key words/phrases	Left, right, opposite, 2 feet, through	
Teacher Notes		


Activity	<i>Jumping Bean</i>	
Equipment	1 x set of coloured dots, 1 x tunnel, 1 x low beam	
Instructions	<p>One child at a time jumps with 2 feet onto the coloured dots, in the nominated order. E.g. red to blue. Start with 2 colours in the sequence. Then crawl through the tunnel, walk heel to toe on a low beam and side step back to the start.</p> <p>Safety: Ensure children move in same direction so they don't bump into each other.</p> <p>Side Activity: Not required.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Increase number of colours in the sequence to 3, then 4 and so on. <p>Easier:</p> <ul style="list-style-type: none"> • Only have 2 colours to remember 	
Key words/phrases	In, out, through, on, over, colours	
Teacher Notes		


Activity	<i>Jumping Joey</i>	
Equipment	1 x set of cards (number, letter and shape), shapes, letters or numbers drawn on ground, 1 x juggling scarf and beanbag per child	
Instructions	Child receives 2 instructions to jump with 2 feet together, from either letter to letter, number to number or shape to shape. E.g. "Jump from A to C". Safety: Ensure all children are in view and stay within designated area. Side Activity: Children throw a scarf and /or beanbag up to themselves and catch it using different body parts – hands, feet, knees, head.	
Modifications	Harder: <ul style="list-style-type: none"> • Give 3 or more instructions • Child names the numbers, letters or shapes as they jump Easier: <ul style="list-style-type: none"> • Give only one instruction at a time • Ask child to repeat the instructions back 	
Key words/phrases	2 foot jump, on, letters of the alphabet, numbers 1-10, shapes	
Teacher Notes		


Activity	<i>Caterpillar Walk</i>	
Equipment	5 x gym mats, 1 x launching board and beanbag per child	
Instructions	Demonstrate walking like a caterpillar, i.e. on hands and feet only. Start with feet still, walk hands forward into a plank, then walk feet towards hands, with straight legs. Repeat 6 times. Safety: Ensure only one child at a time performs the walk on the mat. Side Activity: Children individually stomp on a launching board with one foot and catch the beanbag, with one or two hands.	
Modifications	Harder: <ul style="list-style-type: none"> • Feet and hands must stay on a rope, ribbon or line. like on a tightrope • Try Bear Walk backwards Easier: <ul style="list-style-type: none"> • Alternate pencil roll and Bear Walk to rest the arms and legs 	
Key words/phrases	Out, in, along, straight, caterpillar	
Teacher Notes		

Activity	<i>Bear Walk</i>	
Equipment	1 x rope/ribbon or line on the ground, 1 x launching board and beanbag per child	
Instructions	<p>Show children how to walk like a bear. i.e. on hands and feet only. Knees do not touch the ground. Children Bear Walk along the length of the rope, ribbon or line with their hands and feet either side of the line. Repeat 4 times.</p> <p>Safety: Ensure only one child at a time performs the walks on the mat.</p> <p>Side Activity: Children individually stomp on a launching board with one foot and catch the beanbag, with one or two hands.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Feet and hands must stay on the rope, ribbon or line, like on a tightrope • Bear Walk backwards <p>Easier:</p> <ul style="list-style-type: none"> • Alternate pencil roll and Bear Walk to rest the arms and legs 	
Key words/phrases	Hands, feet, up, stomp, 2 hands, one hand	
Teacher Notes		

Activity	<i>Crab Walk</i>	
Equipment	5 x gym mats, 1 x set of Balance cards, 1 x tennis ball, cone and hoop per child,	
Instructions	<p>Demonstate how to walk like a crab. Squat down, place hands behind the body on the ground, hips lifted. Crab walk along the gym mats by moving in the sequence of left hand, then right foot, and right hand then left foot. Repeat 4 times.</p> <p>Safety: Ensure only one child at a time is on the gym mats.</p> <p>Side Activity: Children hold static balances for 3-5 seconds that match the Balance cards.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Crab walk down and Bear Walk back <p>Easier:</p> <ul style="list-style-type: none"> • Crab walk down and pencil roll back • Hold a static balance on the ground to the rest arms and legs 	
Key words/phrases	Up, behind, hips high, left, right, sideways, balance,	
Teacher Notes		

Activity	<i>Mid-line Cross</i>	
Equipment	1 x gym mat, 1 x hoop, 1 x Dizzy Giddy	
Instructions	<p>Children march forward, for a count of 8, clapping hands. Lift and tap knee with the opposite hand, alternating 2 times. Repeat, knee to opposite elbow, alternating 2 times. Lie on the gym mat and pencil roll (straight body with arms above head) to the end.</p> <p>Safety: Ensure children are well spaced out so they don't bump into each other.</p> <p>Side Activity: One child at a time sit in the Dizzy Giddy and spin in different directions, if possible</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Move faster <p>Easier:</p> <ul style="list-style-type: none"> • Activity Leader assists by performing movements alongside child 	
Key words/phrases	March, clap, counting to 8, opposite, across, above, high knees, straight	
Teacher Notes		

Activity	<i>Bunny Jump</i>	
Equipment	5 x gym mats, 1 x scarf and hoop per child	
Instructions	<p>Demonstrate how to Bunny jump. Squat down and reach forward with hands flat on the ground, lift hips, jump both feet together and land close to hands, squat again. Bunny jump along gym mats and side step back to the start. Repeat 4 times.</p> <p>Safety: Ensure only one child at a time is on the gym mats.</p> <p>Side Activity: Children stand in a hoop each, throw a scarf up to themselves and catch it using different body parts – hands, feet, knees, head. Share with and copy other children.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Bunny jump backwards • Bunny jump faster <p>Easier:</p> <ul style="list-style-type: none"> • Bunny jump slower 	
Key words/phrases	Squat, weight on hands, lift hips up, feet together, body parts (knee, hand, head, feet)	
Teacher Notes		

Activity	<i>Skipping without a Rope</i>	
Equipment	2-3 hopscotch mats or drawings, 5 x cones, 5 x hoops, 1 x beanbag per child	
Instructions	<p>Demonstrate how to skip. Step forward on one foot, then hop forward on the same foot. Then, step forward on the other foot, then hop forward on that same foot. Repeat these motions.</p> <p>Safety: Ensure all children are in view during activity.</p> <p>Side Activity: Play Hopscotch – Take turns tossing a beanbag onto a hopscotch square and hop from square to square to pick it up.</p>	
Modifications	<p>Harder:</p> <ul style="list-style-type: none"> • Skip faster and higher • Say rhythm – Step-hop – step-hop <p>Easier:</p> <ul style="list-style-type: none"> • Skip with assistance (Activity Leader demonstrates) • Practice just hopping, then stepping 	
Key words/phrases	Step-hop – step-hop, up, bent knee, up, same	
Teacher Notes		

Activity		
Equipment		
Instructions		
Modifications		
Key words/phrases		
Teacher Notes		