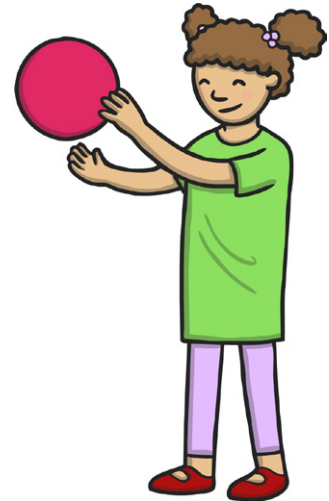


1, 2, 3 Catch!

- Make sure all the children have a ball each.
- Children walk around the space holding onto the ball.
- Shout out:
'1, 2, 3, catch!'
Children stop and gently throw and catch the ball.
- Repeat the activity several times.
- The cool-down activity should last a couple of minutes.



Gears

- Explain to the children that they have 3 gears and a break.

3rd gear

Children start jogging.

2nd gear

Children start walking.

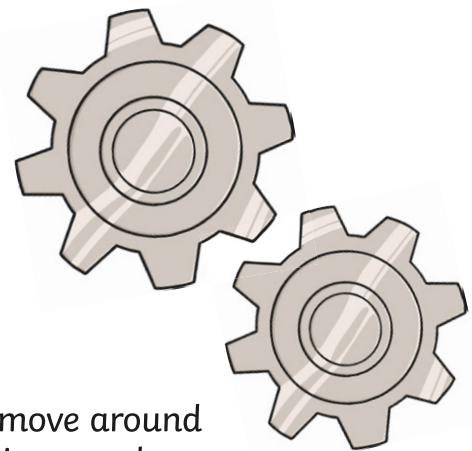
1st gear

Children start tiptoeing.

Break

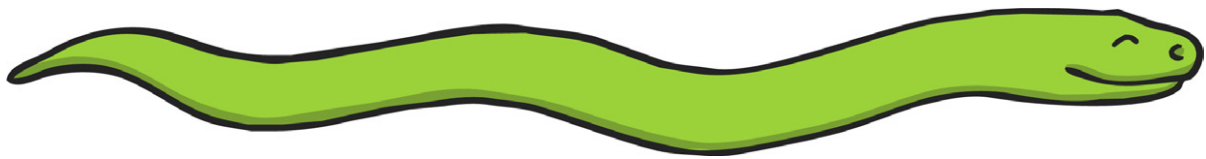
Stop.

- Shout out the different gears so that children move around the space, going up and down the gears, changing speed.
- After a couple of minutes, slow the children down completely, then ask them to stop.
- The cool-down activity should last a couple of minutes.



Animal Kingdom

- Ask children to stand in a space.
- Start by asking the children to be energetic monkeys galloping around the hall, jumping from spot to spot, only stopping to have a quick scratch.
- Next, ask the children to be lions that crawl fairly quickly and leap, only stopping to show their claws.
- Finally, ask the children to be snakes that slowly slither on the floor.
- The cool-down activity should last a couple of minutes.



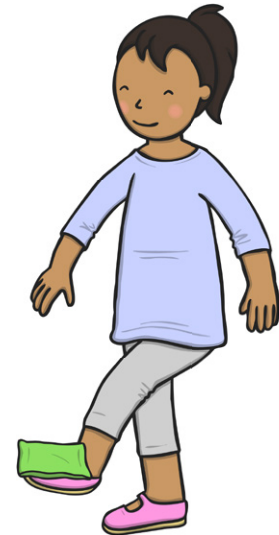
Backward Boats

- Ask all the children to sit on the floor.
- Tell the children they are in rowing boats, then model the action of rowing.
- Explain that the only direction they can travel in is backwards.
- Warn children to be aware of other boats (children) around them.
- Children should sit with their knees up and as they row they should straighten their legs so they move backwards.
- Children should slow row backwards around the space.
- The cool-down activity should last a couple of minutes.



Balancing Beanbags

- Make sure each child has a beanbag.
- Shout out different body parts:
head **hand**
knee **foot**
The children should balance the beanbag on that body part.
- Children attempt to slowly move round the space whilst balancing the beanbag.
- Continue the activity by shouting out different body parts.
- The cool-down activity should last a couple of minutes.



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Balancing Spots

- Put out some markers on the floor.
- Ask the children to move about the space, avoiding the spots.
- Shout out:
'Balance.'
Children should find a marker and stand on the spot.
- Once all the children are on a spot, count:
'1, 2, 3, 4, 5'
The children should try to balance on one leg for the 5 seconds.
- Repeat the activity a few times.
- The cool-down activity should last a couple of minutes.



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Body Shapes

- Ask the children to sit on the floor.
- They should move around the space on their bottoms.
- Shout out a shape command and the children should make that shape:

Long

Make a long shape.

Wide

Make a wide shape.

Tuck

Bend arms over legs to touch toes.

Flat

Make a flat shape.

- The cool-down activity should last a couple of minutes.



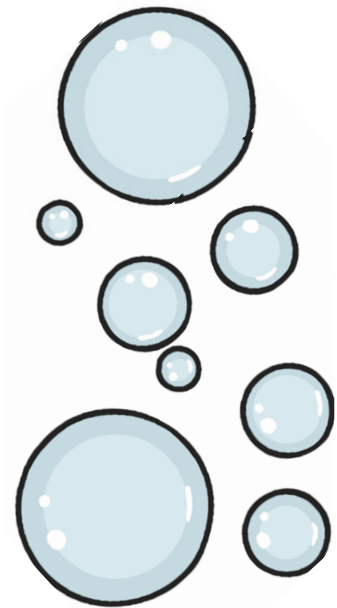
Bounce High, Bounce Low

- Ask the children to find a space.
- The children should bounce around the space.
- Shout out:
 - **'Bounce high.'**
Children freeze and reach up as high as possible.
 - Children should then continue bouncing.
 - Shout out:
 - **'Bounce low.'**
Children curl up in a ball.
- Repeat the activity again. Each time you start again, tell the children to **'Bounce slower.'**
- The cool-down activity should last a couple of minutes.



Bubbles

- Ask children to stand in a space.
- Children should draw a bubble around themselves. (This may need modelling.)
- Children should stretch up as high and as wide as they can to make their bubble as big as possible.
- Children should now slowly move around the space, making sure they protect their bubble by not going close to anyone else.
- Shout:
'Pop!'
The bubbles burst, the children should jump up and lie down on the floor.
- The cool-down activity should last a couple of minutes.



Hibernating Hedgehogs

- Tell children that they are going to pretend to be a hedgehog.
- Children should move about slowly on all fours.
- Shout out:
'Hedgehogs hibernate!'
Children should then curl up as small as possible into a ball.
- Repeat the activity.
- The cool-down activity should last a couple of minutes.



Huff and Puff

- Make sure all the children have a see-through scarf each.
- Ask the children to walk sensibly around the space with the scarf on their heads.
- Shout out:
'Huff and Puff.'
The children should stop and try to blow the scarf off of their face.
- Give the children about 30 seconds to practise this, then ask them to continue moving around the space.
- Repeat this process a few times.
- The cool-down activity should last a couple of minutes.



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1, 2, 3, 4, 5, Surprise

- Ask all the children to stand in a space.
- Challenge the children, starting with 'I bet you can't...'
I bet you can't get into a circle.
I bet you can't sit on the floor.
I bet you can't put your hand on your head.
I bet you can't line up quietly by the door.
- Once you have given the children the challenge, pretend to cover your eyes and slowly count to five.
- Act surprised when you open your eyes after five and all the children have followed the instruction.
- The cool-down activity should last a couple of minutes.



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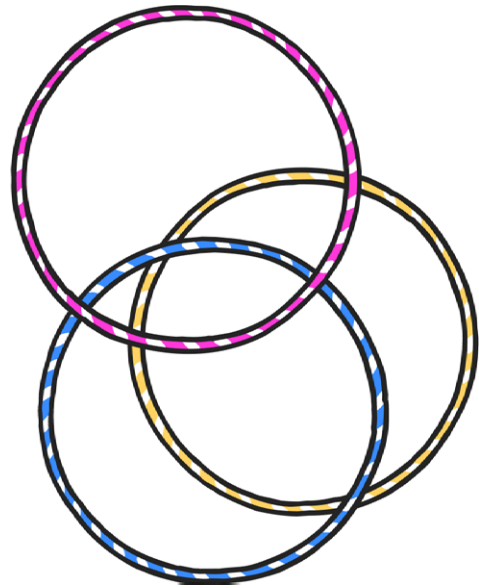
In the Hoop

- Put enough hoops on the floor for each child.
- Ask each child to sit in a hoop.
- Shout out a body part:

hand	foot
arm	leg
bottom	head
elbow	knee

The children should put that body part outside the hoop.

- The cool-down activity should last a couple of minutes.



Moving Scarf

- Make sure each child has a fabric scarf.
- The children should move around the space, holding their scarf.
- Shout out

'Drop that scarf!'

The children should hold their scarf above their head and let go, watching it float to the floor.

- Ask the children to pick up the scarf and repeat the activity several times.
- The cool-down activity should last a couple of minutes.



Action People

- Tell the children they are going to become different characters.
- Shout out a character and the children should do an action to match.

Mr Slow

Move slowly.

Mrs Strong

Flex your muscles.

Mrs Small

Crouch down and move.

Mr Jelly

Shake your body.

Mr Tall

Stretch up tall and move.

- Remind the children that this is a cool-down and therefore their moves should be slow and steady.
- The cool-down activity should last a couple of minutes.



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Shake It Up

- Ask the children to find a space.
- Explain that the children are going to shake different parts of their bodies, gradually slowing down towards the end of the cool down.
- They should shake their:

fingers

hands

arms

shoulders

bottoms

feet

knees

legs

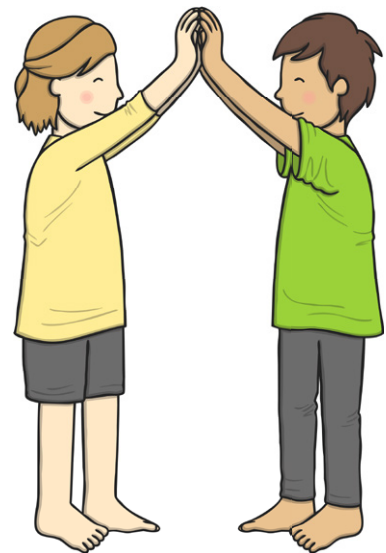
- Repeat the activity, but this time the children sit on the floor.
- The cool-down activity should last a couple of minutes.



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Sharing Time

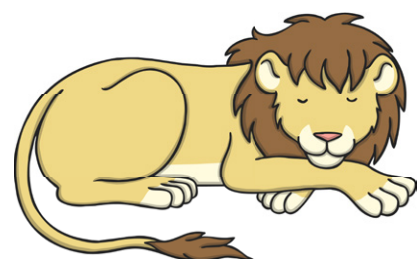
- Ask the children to find a partner.
- The children should face each other or hold hands.
- Ask the children to move slowly around the space.
- Make sure the children avoid touching the other pairs.
- While the children are slowly moving around they should talk about what they have learnt in today's lesson.
- They should then discuss any targets they could set themselves for something they would like to improve.
- The cool-down activity should last a couple of minutes.



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Sleeping Lions

- Tell the children to find a space on the floor and lie down. They should be lying in a long, stretched out shape.
- Say to the children:
'Sleep, lions.'
The children should curl up in a ball.
- Say to the children:
'Stretch, lions.'
The children should stretch out long and thin again.
- Continue with this for a few minutes. Then say to the children:
'Sleep, lions. Night, night.'
Children to remain curled up and still.
- Next, tap the children on the shoulder and they should quietly move to line up.
- As they are leaving, they should lightly touch another child on the shoulder.



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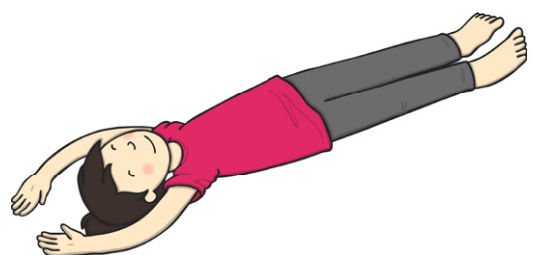
Sleeping Spiders

- Ask the children to stand in a space and tell them that they are going to pretend to be spiders. They should move quickly around the space.
- Say to the children:
'These spiders are starting to get tired.'
The 'spiders' yawn and slow down but continue to move.
- Next, say to the children:
'These spiders are getting really tired now.'
The children slow down even more, to a walking pace.
- Then, say to the children:
'These spiders are so tired they are almost asleep.'
The spiders then move extremely slowly.
- Finally, say to the children:



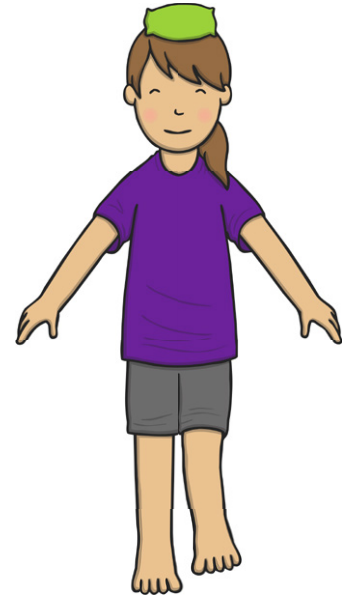
Spaghetti Game

- Tell the children they are going to pretend they are spaghetti.
- They should lie on their back with arms above head.
- Shout out:
'Hard spaghetti.'
Children should become stiff and strong, tensing their muscles with good body tension.
- Shout out:
'Soft spaghetti.'
Children should relax every muscle so they are floppy and loose.
- Continue to alternate between the two commands.
- The cool-down activity should last a couple of minutes.



Steady as You Go

- Give each child a beanbag.
- Ask the children to put the beanbag on their head.
- They should put their arms out to help them balance and attempt to slowly move round the space.
- Children should try to keep the beanbag on their head, as well as not bumping into anyone else or touching them with their arms.
- The cool-down activity should last a couple of minutes.



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Stepping Bells

- Ask children to stand in a space.
- Explain to the children that they need to listen to the sound of the bell.
- Every time the children hear the bell, they should make a step or a move.
- Start the activity by shaking the bell quite frequently.
- As you get to the end of the activity, shake the bell less frequently.
- Finally, children could take the last few steps towards the line, ready to leave the hall.
- The cool-down activity should last a couple of minutes.



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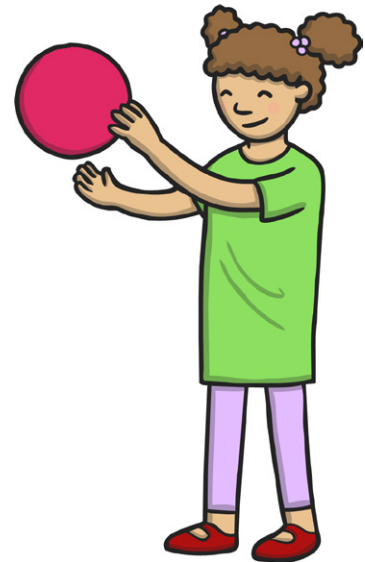
Throw, Bounce, Catch

- Make sure all the children have a ball.
- Ask the children to walk sensibly around the space with their ball.
- Shout out:

'Throw, bounce, catch.'

The children should stop, throw the ball up in front of them, watch it drop to the floor and bounce, then catch it.

- Repeat this process a few times.
- The cool-down activity should last a couple of minutes.



Traffic Police

- Explain to the children that you are not allowed to talk to give them instructions for this activity.
- The children should make sure they are watching really carefully.
- Use your hands to give the children different instructions such as:

Stop

Stretch

Touch toes

Reach up

Move forwards

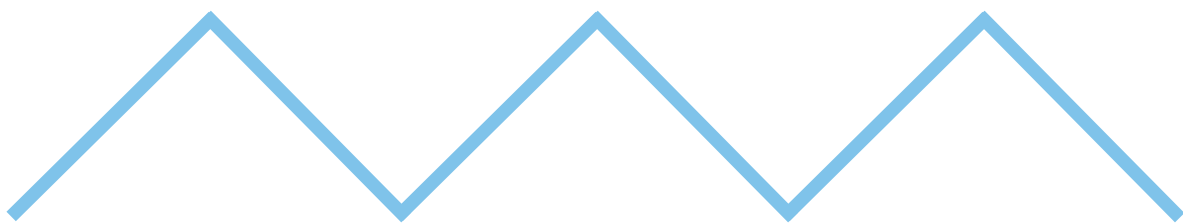
Move backwards

- The cool-down activity should last a couple of minutes.



Walk the Line

- Ask children to find a line – it may be markings on the floor, a skipping rope, the edge of a mat, or an imaginary line.
- The children should now balance along their line.
- Shout:
'Switch!'
The children should move to a different line.
- Each time the children move they should move slower and slower.
- The cool-down activity should last a couple of minutes.



Waterfall

- Explain to the children that you are going to read them a poem.
- Read the accompanying poem through slowly.
- The children should do whatever actions they think to accompany the different parts of the poems.
- The cool-down activity should last a couple of minutes.



Balloons

- Tell the children that they are going to pretend they have a balloon.
- Pretend to give each child a balloon or ask them to get their balloon off the floor or out of their pocket.
- Tell the children the first thing they need to do is blow up the balloon. Model this, exaggerating the moves.
- Next, tell the children they need to hold onto the balloon, as they are going to gently float around the space.
- Then the balloons float down to the floor and the children stop.
- Finally, the children need to deflate like their balloons, to end up curled up on the floor.
- The cool-down activity should last a couple of minutes.



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Melting Snowman

- Tell children they are going to pretend to be snowmen.
- They should move around the hall slowly.
- Shout out:
'Oh no, the sun's coming out.'
The children freeze.
- Shout out:
'Oh no, the sun is getting warmer.'
The children slowly start to melt.
- Shout out:
'Oh no, it is just so warm now.'
The children should lie on the floor as if they have completely melted.
- The cool-down activity should last a couple of minutes.



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Superhero Flying

- Tell the children they are going to be superheroes.
- They should lie on the tummies and move about the space.
- Shout out:

'Let's fly!'

The children should stop moving and leaving their tummy on the floor, they should lift their arms and legs off the floor in a flying position.

- Repeat the activity a few times.
- The cool-down activity should last a couple of minutes.



Animal Freeze

- Tell children they are going to be different animals.
- Explain that they should move like an animal of their choice.
- Shout out:

'Freeze.'

They should then freeze in the position of the animals.

- Repeat this but explain that the animals are getting tired and the children should make sure their movements are slowing down.
- The cool-down activity should last a couple of minutes.

