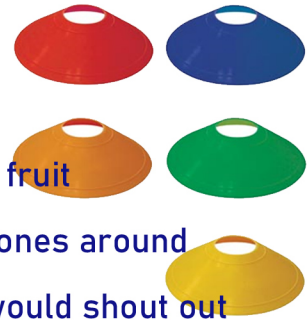


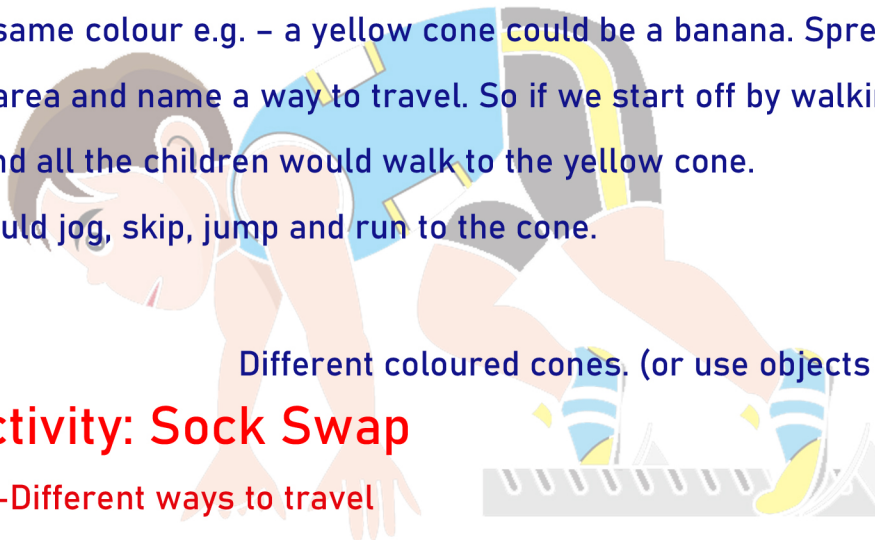


## Warm up: FRUIT BASKET

## TRAVELLING



Have 5 different colours of cones/markers and ask the children to tell you a fruit that is the same colour e.g. – a yellow cone could be a banana. Spread the cones around on a large area and name a way to travel. So if we start off by walking you would shout out “banana” and all the children would walk to the yellow cone. Then we could jog, skip, jump and run to the cone.



## Equipment:

Different coloured cones. (or use objects that are different colours)

## Main activity: Sock Swap

### ACTIVITY 1 – Different ways to travel

Set out a line of cones and another one opposite ( approx... 5 metres) – ask the children to walk over to the opposite cone and then back to where they started.

Then ask the children to travel in different ways. Skip, side step, jog, gallop and run.

### ACTIVITY 2 – “Change”

Set up a circle of cones. The children travel around the circle in different ways. When someone calls out “change” you then travel in a different direction. Repeat for different ways of travelling. Explain to the children the importance of changing direction quickly.



## Coaching points:

- Make sure heel touches the floor first when walking
- Heads are up and eyes are looking forward
- Introduce different ways to travel using your arms and legs e.g. – straight legs and hands on heads
- Ask children which way they think is the best
- Pushing off lead foot when you change direction

## Differentiation:



**EASIER** – Make the distance between the cones shorter. Don't call out many changes.

**HARDER** – Make the distance between the cones longer.

Complete 3 sets of different travelling.

Ask children to introduce their own ideas for travelling.