

### **Repeat the move**

- Adult makes up a move (star jump, clapping hands, crouch down etc) the children then must repeat the action.
- On the next turn the adult does the first move and then adds on a second move. The child then needs to repeat the first move and then add the second.
- This is repeated as many times as you can. You get a point for each correct move performed by the child.
- Then after the first game is over switch over and get the child to create the moves and the adult must follow the moves.

### **Alphabet and numbers**

- Using your body make different shapes
- First start with your first name then progress to;
  - o parent name
  - o pet
- After attempting the alphabet try to do the same but with numbers
  - o Your age
  - o Favourite number
  - o Your parents age

### **Animal Panto**

- The child is to move around an area like the animal that is called.
- The adult calls out an animals name
- The child then must recreate that animal through movement.
- A good idea for this could be to set up a small obstacle course and get them to do the obstacle course as the animal and see which one is quickest or slowest

### **Shuttle Runs**

- Place items or cones at different distances away from the start line.
- Child then start behind the start line.
- Run as fast as you can over three distances. Ensuring you touch each cone/item with your hand.
- If you find it too easy or difficult experiment with changing the distances between the cones.