

Action People



Equipment: None.

How to Play: Give the children the name of a character and they should move around the space like that character. Start off with three different characters. This can be increased as the children get used to playing the game.

You could choose from:

Mrs Rush – Move fast.

Mr Muddle – Walk backwards.

Mrs Small – Crouch down and move.

Mr Tall – Stretch up tall and move.

Mrs Strong – Flex your arm muscles.

Mr Jelly – Move your body like wibbly wobbly jelly.

Challenge: Can you think of another character? How could you move around the space like that character?

Colour in Motion



Equipment: Four colour cards.

How to Play: Use four different colour cards. Explain that each colour represents an action, e.g. red = jump, blue = roll, green = travel and yellow = balance. You could, however, make the actions more specific, e.g. star jumps. Adults to hold up the different colour cards and the children to move in that way. The children will need to keep watching to see when the colour/action changes.

Challenge: To incorporate other colours/actions into the game.