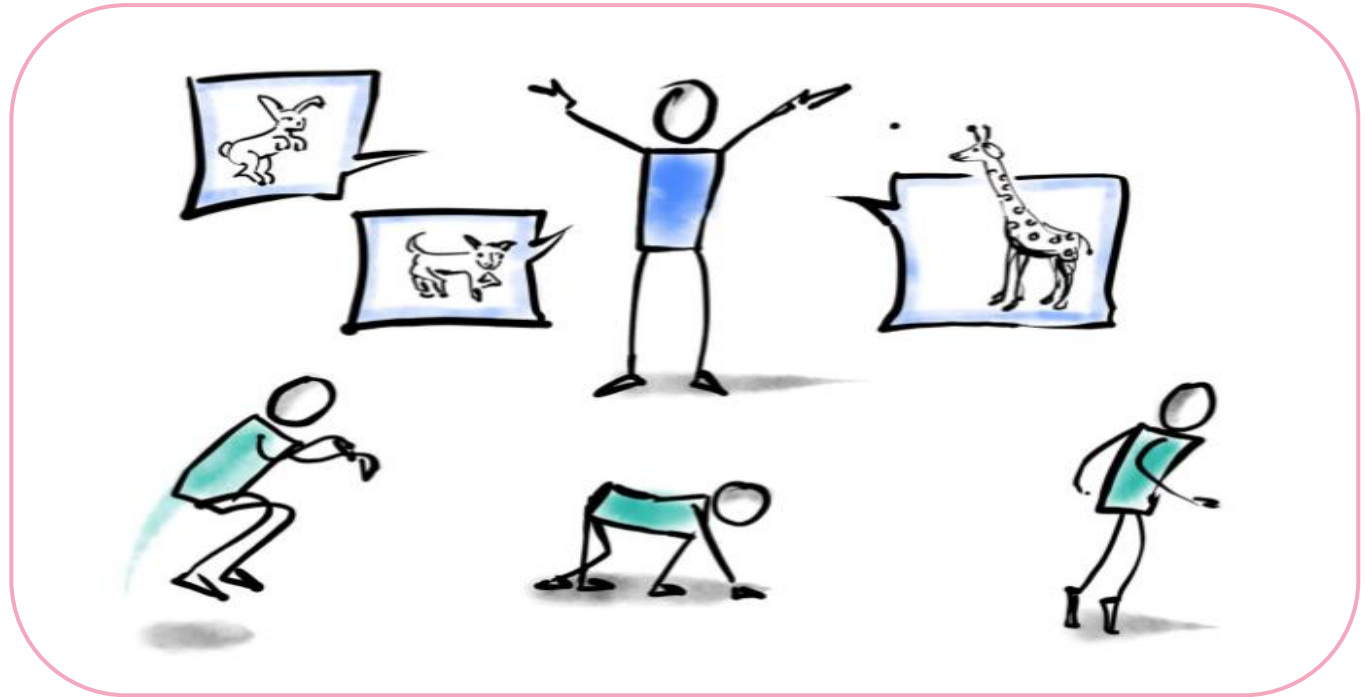


how to set up:

- Use a large open space, such as your garden.
- Ensure you have enough room to move around safely.

[Video Demonstration](#)



how to play:

- Describe an animal, vehicle, etc.
- Ask everyone to guess what you are describing, then ask them to move at that speed.
- Examples:
 - A Giraffe- long, slow strides.
 - A Motorbike – fast and agile (weaving in and out).

This document is for guidance only.

Please consider individual child requirements and carry out a risk assessment of facilities and equipment before activities.

By practicing this activity, your child will develop the following skills:

- ✓ Coordination and movement
- ✓ Speed and agility
- ✓ Move with control
- ✓ Speed endurance
- ✓ Balance & flexibility

National Curriculum criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and combination.
- ✓ Develop flexibility, strength, technique, control and balance.

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