



# MAKE TIME FOR OUTDOOR PLAY

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# 06

Developed to support C19 Outdoor Play

## Crazy races

Mark out an area with start line and finish line and lanes in order to keep the children 2 metres apart. You can use chalk or cones for this. The children must race using different style of movement such as:

- Hop like a kangaroo
- Crawl like a crab
- On all fours like a cat
- One-legged like a pirate
- Toe to heel walk
- Frog jumps
- Waddle like a duck

Remember to wash your hands for at least 20 seconds when you go back indoors.

**Curriculum** HWB 0-22a Supporting development of fundamental motor skills.

**Health Guidance** Outdoor Play at Emergency Childcare Settings

Correct as at 21 May 2020



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