



# MAKE TIME FOR OUTDOOR PLAY

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# 07

Developed to support C19 Outdoor Play

## Kangaroos and frogs

- Scatter bean bags, or similar, 2 metres apart across the play area. Mark out a line that will be the start and finish line.
- Get children to line up at the start, keeping space between them.
- Set a timer for 2 minutes and get children to kangaroo hop to pick up a bean bag and hop back to the start with it between their knees. Repeat until the 2 minutes are up or all bags have been collected.
- Then encourage them to frog hop and pick up a bag in their hands and return to the start. Again, repeat until the 2 minutes are up or all bags have been collected.
- The aim is for the children to collect as many bean bags as they can in the 2-minute period.
- If the children are struggling to keep space between themselves, get them to do the activity individually for 1-minute periods instead.

Don't forget to wash your hands regularly for at least 20 seconds.

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

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

Correct as at 28 May 2020