



MAKE TIME FOR **OUTDOOR PLAY**

08

Developed to support C19 Outdoor Play

Islands and Sharks

Mark out the playground with hoops, 2m apart, each signifying an island.

- Each child gets into a hoop/island.
- Encourage the children to swim in the sea to the next hoop, keeping apart where possible.
- Shout out the type of water they are swimming in.
- Calm waters (run slowly).
- Rough waters (run fast).
- Large wave (jump).

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



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