



# MAKE TIME FOR OUTDOOR PLAY

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# 09

Developed to support C19 Outdoor Play

## 8 Steps to Heaven

Space the children out across the playground. Give each child a number between 1 and 8. Randomly call out numbers and the activity associated with that number. When their number is called out the children have to do the activity:

- 1 - On the run (run on the spot).
- 2 - Touch your shoe.
- 3 - Be a tree.
- 4 - Bum to the floor.
- 5 - Do a jive.
- 6 - Do some tricks.
- 7 - Jump to heaven.
- 8 - Virtually high five your mate.

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