



MAKE TIME FOR
OUTDOOR PLAY

10

Developed to support C19 Outdoor Play

Cups and Downs

Mark the playground into separate areas for two teams to play, allowing for space between each child.

- 2 teams (of eg 10) face one another (one named 'Up'/one named 'Down').
- Place paper cups in front of each member of each team. 10 face up/10 face down.
- Allow 1 minute for teams to turn over as many as possible.
- 1 team turn up/1 team turn down.
- Most cups at the end wins.

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