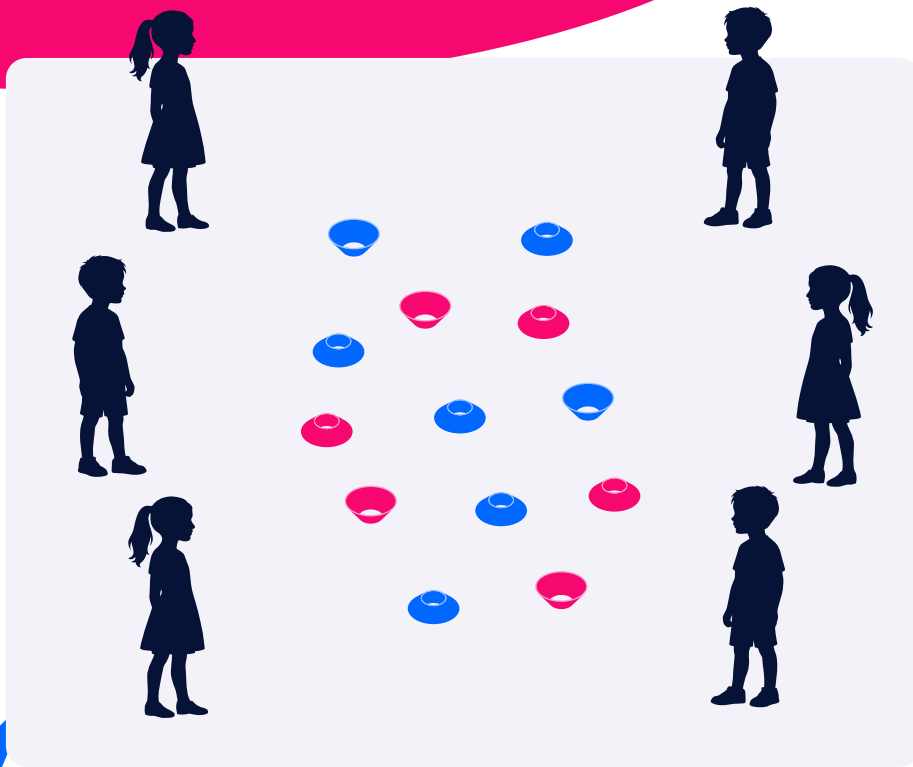


DINOSAURS WARM UP: Dino Movers

Set the scene:

“Welcome to Dinosaur Land!”



Brain focus
activities:



Equipment:



Cones

How to Play:

- Place cones around the space – some the right way up as “Volcanoes” and some upside down as “Valleys.”
- Children move around the cones and turn the volcanoes into valleys, and the valleys into volcanoes by flipping the cones.
- If the command “Brontosaurus” is called children freeze and reach up on tip toes and hold the position.

TEACHING POINTS:

- Encourage moving in different directions.
- With the freeze action encourage balancing on the spot.

SKILL UP:

- Encourage different ways of moving around the space e.g. sidesteps, walking backwards, slow, fast.



SEE IT IN ACTION