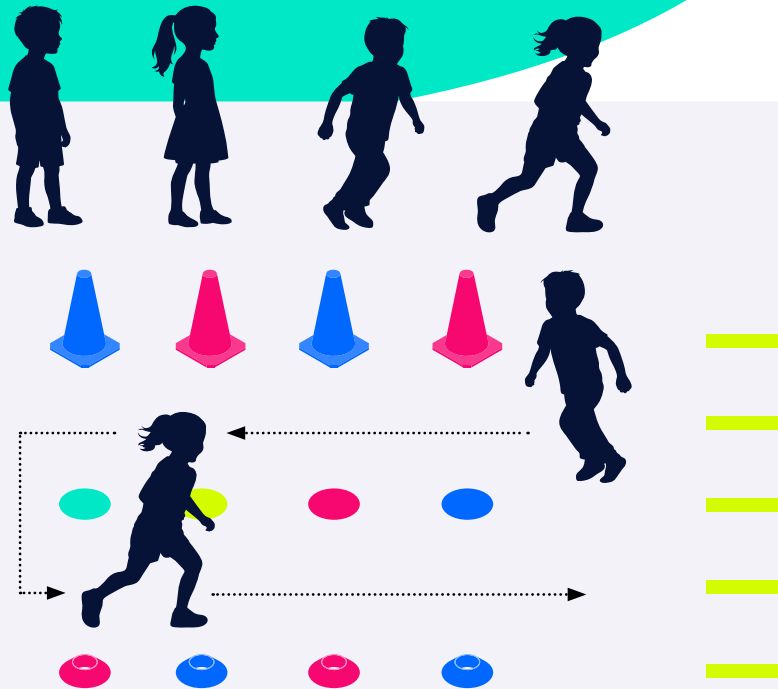


JUNGLE WARM UP:

Jungle Explorers

Set the scene:

“We are going on a jungle adventure.”



Brain focus
activities:



Equipment:

-  Bean bags
-  Spots
-  Cones
-  Lines
-  Any equipment to make an obstacle course

How to Play:

- Set up an obstacle course placing the equipment around the space.
- Select one child as the leader. The other children follow the leader through the obstacle course.
- Encourage the children to move in different ways e.g. jumping, walking, running, zig-zag, crawling.
- Change the leader throughout the activity giving each child the opportunity to help increase their confidence. For a large group, you may want to assign different leaders who start at different points of the obstacle course.
- Now add a listening challenge - when you call out “leopard” the children freeze still for 3 seconds.

TEACHING POINTS:

- Change the type of movement through the obstacle course e.g. low, high, sideways, forwards, backwards.
- Change direction through the cones.
- Hold a freeze position.

SKILL UP:

- Children are given a baby jungle animal (ball) to carry through the jungle adventure. They should keep two hands on the ball, without dropping it.



SEE IT IN ACTION