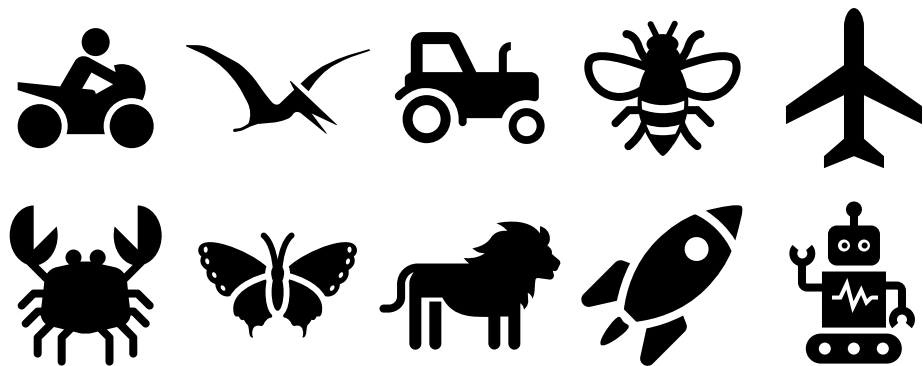


Garden Games

How to set up:

- ✓ Use a large open space, such as your garden.
- ✓ Ensure you have enough room to move around safely.



Move as fast as a...

How to Play:

- ✓ Describe an animal, vehicle, etc.
- ✓ Ask everyone to guess what you are describing, then ask them to move at that speed.
- ✓ Examples:
 - A Giraffe – long, slow strides
 - A Motorbike – fast and agile (weaving in and out)
 - A Wasp – fast and in a straight line (in a darting motion)

Move as Fast as a...

The National Curriculum

By practicing this activity, your child will develop the following skills:

- ✓ Coordination & movement
- ✓ Speed and agility
- ✓ Move with control
- ✓ Speed endurance
- ✓ Balance & flexibility

National Curriculum Criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.