



# WARM UP

## GAME

### Balance Mousetrap

Summer 2 – Week 35

#### TIME:

5 - 10 mins.

#### EQUIPMENT:

Quoits.

#### SAFETY:

Children to run in the same direction. Leave a sufficient gap between the quoits.

#### LEARNING OUTCOMES:

- Gross motor skills.
- Complex co-ordination.
- Listening and following instructions.
- Balance.
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: World / Literacy / Expressive.

#### SET-UP:

Explain to the children they are going to pretend to be the mice and you are going to be the cat, so you will be chasing them! Ask them what food do mice like to eat. (Cheese). Tell the group the quoits are going to be the pieces of cheese! Make a circle of quoits, one for each child, counting as you lay them out.

## DESCRIPTION

The children run around the outside, when the teacher shouts “mousetrap” each child has to find a quoit and balance on it with their arms out. Once all children have their balance the teacher calls out different types of cheese and the children have to stay on their quoit without falling off. Types of cheese: 1. ‘Cheese ball’ – crouch down into a ball. 2. ‘Cheese string’ – stretch up arms and go on tip-toes. 3. ‘Spinning cheese’ – turn around on quoit without stepping off. 4. ‘Stinky cheese’ – balance on 1 leg and hold nose.

## PROGRESSION/VARIATION

1. Add in challenges for example lay out hoops on the floor which represent crackers. Can the children balance their quoit on their head and stand in a hoop (cracker) without dropping it.
2. Make the game a knockout by taking quoits away or children being out if they fall off their quoit.