



MAIN ACTIVITY

GAME

Basketball Fruit Salad

Autumn 1 – Week 4

LEARNING OUTCOMES:

- Gross motor skills.
- Colour recognition.
- Listening & following instructions.
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: World / Expressive / Literacy.

TIME:

5-10 mins.

EQUIPMENT:

Coloured cones and basketballs.

SAFETY:

Make sure the children watch where they are going and be aware of the other children in the group.

SET-UP:

Use coloured cones that represent different fruits and vegetables. Scatter your coloured cones at the edge of your area.

DESCRIPTION

The children dribble their ball around the area. When the teacher shouts out a fruit or vegetable the children have to dribble towards that particular colour. For example, the teacher calls out "Banana" and the class have to dribble towards a yellow cone.

PROGRESSION/VARIATION

1. Trick the children by saying an unhealthy food such as chocolate cake.
2. Use some more extravagant fruits and vegetables to stretch children's knowledge and see if they can identify them.
3. Choose a child to shout out the fruit or vegetable.