



MAIN ACTIVITY

GAME

Marching Soldiers

Autumn 2 – Week 10

TIME:

10 - 15 mins.

EQUIPMENT:

Hurdles and one marker.

SAFETY:

Place hurdles the correct way round to enable hurdles to fall if knocked. Appropriate distancing between each hurdle, make sure hurdles are not too high for the children taking part.

LEARNING OUTCOMES:

- Running and jumping.
- Confidence building.
- Complex co-ordination and gross motor skills.
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: Literacy / World.

SET-UP:

Set up a marker for the children to line up behind.

Set up a line of hurdles with a gap in between each one.

DESCRIPTION

Marching: Tell children that they are going to be soldiers and they have to swing their arms and get knees up high, all children march around the area and when you shout “freeze”, they have to stop and march on the spot.

Hurdles: Set up a line of hurdles and the children take turns at walking over the hurdles like a soldier, making sure to swing their arms and get their knees up high. Must walk first before progressing to running like a horse and jumping over fences.

PROGRESSION/VARIATION

1. Add more hurdles.
2. Change the distance between each hurdle.
3. Class races: split the class into teams, each team has their own line of hurdles and they race against each other.