



WARM UP

GAME

Chicken Chase

Autumn 1 – Week 3

LEARNING OUTCOMES:

- Gross and fine motor skills.
- Speed, agility, listening and reacting.
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: World / Expressive.

TIME:

5 – 10 mins.

EQUIPMENT:

Rugby balls.

SAFETY:

Ensure all children run the same way.

SET-UP:

Give each child a rugby ball.

DESCRIPTION

The children are the chickens and the rugby ball is their egg. The teacher can be the farmer. The teacher shouts out the following commands:

1. 'Chickens go running' – children run around area.
2. 'Quick chicken steps' – children go up on tip-toes.
3. 'Slow chicken steps' – children creep along.
4. 'Frozen chickens' – children freeze.
5. 'Chicken side-steps' – children perform side steps.
6. 'Lay an egg' – Children sit on ball.
7. 'Here comes the fox' – children run away from the fox.

PROGRESSION/VARIATION

1. Speed up the actions and change the order in which you say them.
2. Introduce some throwing and catching where the children have to try not to drop their egg.
3. A child can be the fox and chase the other chickens.