



WARM UP

GAME

Fruit Salad

Autumn 1 – Week 1

LEARNING OUTCOMES:

- Identifying fruits and vegetables.
- Listening and colour recognition.
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: World / Expressive.

TIME:

5 - 10 mins.

EQUIPMENT:

Coloured cones.

SAFETY:

Be careful when running around the room and towards a cone to not bump into anyone or slip over.

SET-UP:

Lay out coloured cones around the room and describe which fruits represent each coloured cone.

DESCRIPTION

The children begin by performing different movements around the hall. When you shout out a fruit or vegetable the children run to the colour cone that matches the colour of the fruit or vegetable, for example, if you shout out “banana” then the children run to a yellow cone.

PROGRESSION/VARIATION

1. Begin to shout out food that isn't fruit or vegetables, for example if the coach shouts out chocolate cake then the children keep running.
2. Give the children an option to choose from, so shout out 2 different fruit/vegetables and they choose which one they like the most.
3. Play team fruit salad, split the group into teams and you can call each team a different animal. For example, teacher shouts “team monkey carrot” and the whole team runs to the orange cone.