



# WARM UP

## GAME

### Sticky buds

Autumn 2 – Week 7

#### TIME:

5-10 mins.

#### EQUIPMENT:

No equipment required.

#### SAFETY:

Watch out for other players. Make sure area is clear. Children all run in the same direction.

#### LEARNING OUTCOMES:

- Body part recognition.
- Gross motor skills.
- Teamwork.
- Communication and listening.
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: Expressive / Maths.

#### SET-UP:

No set up required.

## DESCRIPTION

Ask the children where different parts of their body are (elbow, knee, shoulders etc.) Get the children to run, jump, side step, and skip around the hall but when you call out a body part they have to find a friend and stick those body parts together.

## PROGRESSION/VARIATION

1. This game can be played in teams. The children find a teammate and stick their body parts together.
2. Another variation is to call out a number as well as a body part, so if you shout out "4 sticky elbows" then 4 children have to get together and all stick their elbows together.