



Fruit Bowl



Fun Activity

Medium Energy

Equipment required -
bean bags/cones

NB: Other adaptations applicable

Activity Overview

Divide the class into 4 groups and have them move into each corner of the area. Give each of the group a fruit name such as apples, oranges, bananas and watermelons. Call two of the fruit names and those groups have to run and change places. They maintain the same name throughout the game. When you call "Fruit Basket" all of the children run and sit in the centre of the area.

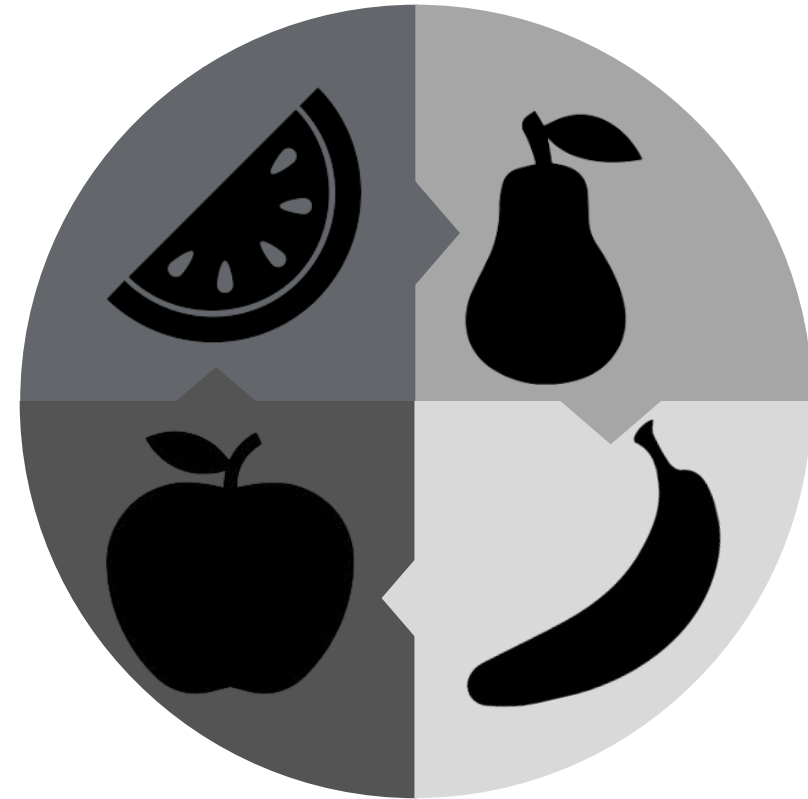
Outcomes and Skills Development

Fine motor skills & movement (Running, Agility)

Awareness of collaborative work through turn-taking

Positive behaviour that contributes to fair play: accepting defeat & following rules

Listening skills





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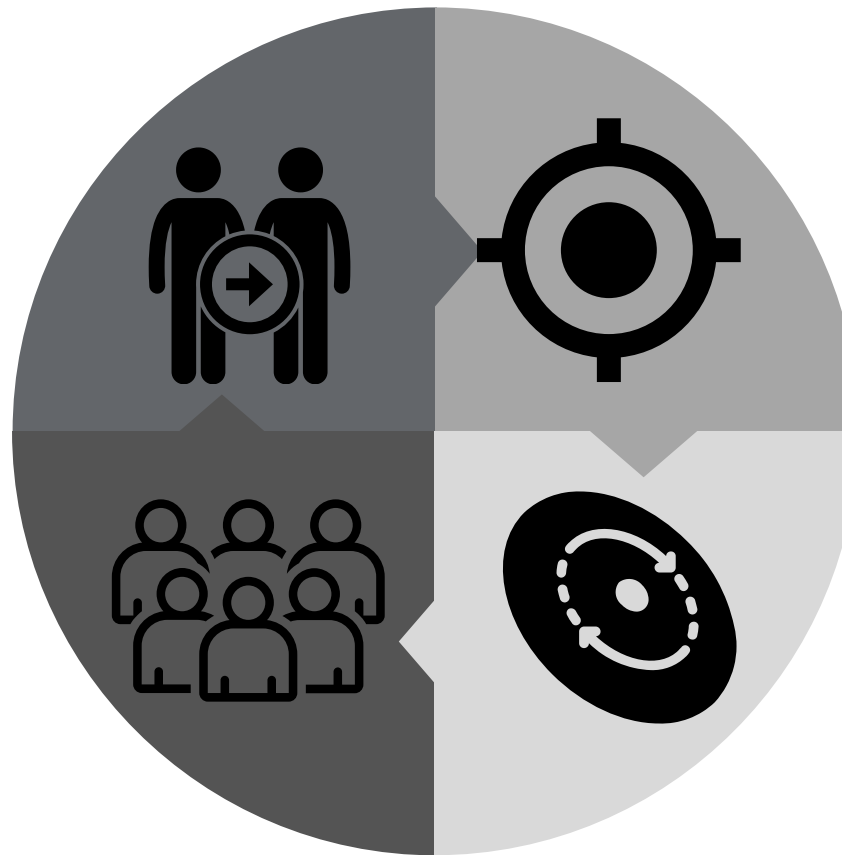
Modifications

1 - 2 - 1

Instead of naming the children after fruit, name the walls or create zones. When a fruit is called, the young person has to run to that area. You can add cones/bean bags for the child to collect and return to fruit bowl.

Small Group

Follow the Activity Overview, but name each young person after a fruit instead of the group. Or mirror 1-2-1 activity.



Progression

- Change movements i.e skipping, hopping or walking.
- Can change topic to fit in with curriculum or area of interest e.g. science or Playstation.
- Add competition between individuals
- Add teamwork by challenging them to get more items within the time limit
- Decrease time limit to make it more challenging