



Snakes & Ladders



Fun Activity

Energy : variable

Equipment required

15 x Cones or Step Ladders/hurdles
10 x Hoola Hoops or Chalk Marker

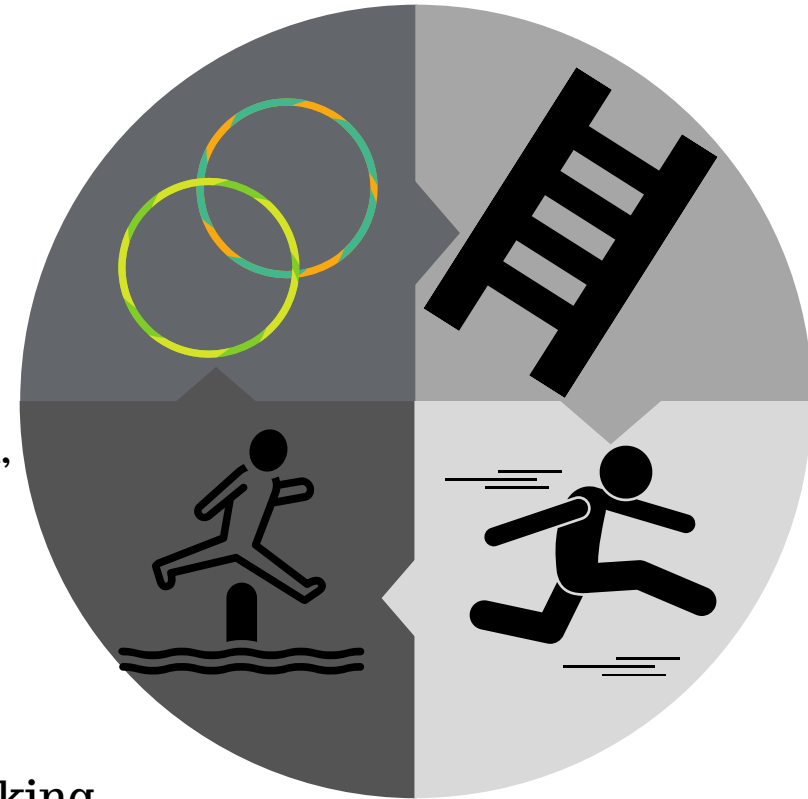
NB: Other adaptations applicable

Activity Overview

With the equipment, set up a circuit that the children can safely maneuver through by hopping. Split the group into 2 teams. 1 person from each team moves through the circuit and when they meet, play "rock, paper, scissors". The person who loses goes to the back of their line. The person who wins continues through the circuit. As soon as the "rock, paper, scissors" is complete, the next person in the "losing" teams line runs to meet the "winner" and play "rock, paper scissors" again. Stop when the first team gets to the other team's side.

Outcomes and Skills Development

- Fine motor skills & movement
- Awareness of collaborative work through turn-taking
- Positive behaviour that contributes to fair play: accepting defeat & following rules
- Apply group tactics & strategies



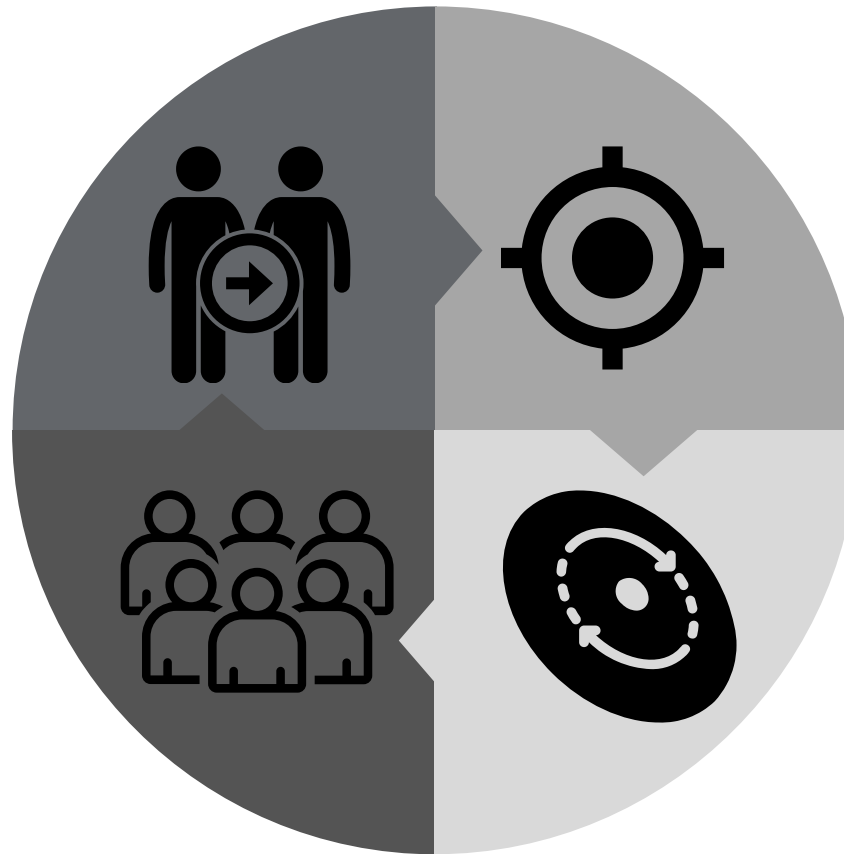


1-2-1

Play "Rock, Paper, Scissors". The person who wins chases the other person. Can add a circuit, if safe to do so.

Small Group

If a group of 4-6, set up as per Activity Overview.
If smaller group, set up as per 1-2-1 activity.



Progression

- Change ways of hopping e.g. two legs/ one leg.
- Can add sport specific activities such as dribbling a football or bouncing a basketball etc.