



FOUNDATION ACTIVITIES



ADVENTURE LAND THEME

Warm up:

Children to travel around their area as a Super Hero.

• How would your Super Hero travel?

Fast, slow, creep, high, low? Can you show me?



Activity 1 - Dodgems.

- Children to choose or create a piece of equipment that they can use as a steering wheel.
- Start with asking the children to walk around the area, steering to change direction and avoid any obstacles and other children.
- Progress to jogging and dodging with sharp changes of direction.



Activity 2 – Can you catch it?

- Organise some safe items that children can throw up and attempt to catch.
- Children choose an object and throw it up carefully and then catch it.
- Examples are a balloon, pair of socks, scarf, bean bag or soft ball.



Coaching points:

- When travelling make sure to look where you are going and lift your head up.
- To dodge, bend your knees, lower your body and push in another direction.
- When throwing and catching – begin with equipment at tummy level.
- Keep your eye on the object.
- Get your hands ready with your fingers spread out wide.

