

QUICK EXERCISE AND LISTENING GAME

AIM: USE TO RE-GATHER THE CHILDRENS ATTENTION, A QUICK WARM UP OR AS A TIME FILLER.

CALL OUT THE INSTRUCTIONS...

'RUN, RUN, RUN, JUMP! TURN AROUND'

'REACH UP HIGH. TOUCH THE GROUND'

'KICK YOUR FEET. CLAP TO THE BEAT'

'RUN, RUN, RUN, AND GIANT LEAP!'

'SKIP LIKE A BUTTERFLY IN A CIRCLE'

'CRAWL DOWN LOW, LIKE A TURTLE'

**'WADDLE LIKE A PENGUIN, VERY QUICK
NOW, SHOW ME YOUR TRICK!'**

**'FREEZE DOWN LOW, LOW, LOW.....
NOW LAST THING WE GROOOOOOOW,
GROW!'**