

Travelling



Activity:

- Set out different stops in your home or garden such as Bench, sofa, plant pot, table, or from one room to another
- Plan how you will travel to each item. Make sure to have 10 different stops/stations. Leave approximately 10 large steps between sections.
- You must travel differently to each section. You can hop, skip, jump, leap, spin, walk, run, gallop, crawl, roll. You can also make up your own traveling movements.
- Complete the course 2/3 times.

Equipment needed:

- Markers to show every section. i.e shoes, jumper, bench, plant pot etc.

Make it easier:

- Set a smaller area and have less traveling. Use less techniques.

More of a challenge:

- Make the space between markers larger.
- Challenge a family member. Who is quicker? Who's move is better?



30 Minutes

Coming soon... PE with Mr Holland videos!