

Garden Games



Colour Commands

How to Play:

- ✓ Everyone starts by walking around the garden.
- ✓ Every 20-30 seconds, call out a colour.
- ✓ Everyone must find something of that colour as quickly as possible.
- ✓ Remember to look around when moving, to avoid bumping into things.
- ✓ Only touch objects that are safe and not harmful.

Colour Commands

The National Curriculum

By practicing this activity, your child will develop the following skills:

- ✓ Coordination & movement
- ✓ Speed and agility
- ✓ Move with control
- ✓ Speed endurance
- ✓ Balance & flexibility

National Curriculum Criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.