

Garden Games

Equipment:

- ✓ 1 x small red item
- ✓ 1 x small orange item
- ✓ 1 x small green item



Traffic Lights



How to Play:

- ✓ Ask everyone to find a space in the garden.
- ✓ Explain the actions they must perform to each item:
 - Red = Walk**
 - Orange = Jog**
 - Green = Sprint**
- ✓ Hold up the items at random intervals.
- ✓ This activity can be performed on the spot if space is limited.

Traffic Lights

The National Curriculum

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

- ✓ Coordination & movement
- ✓ Speed and agility
- ✓ Move with control
- ✓ Aerobic 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.