**Cats and Cobras (Mini Yo!)**

Split children into two groups

One group pretends to be cats:

- on hands and knees, stretch back up to the sky, then stomach down to the floor

The other group pretends to be cobras

- lie on their stomachs and pushes themselves up onto their hands while keeping their hips and legs on the floor

On adult’s command the groups swap over

**Benefits**

This develops gross motor skills, fine motor skills, balance, and good for stretching.

**S.T.E.P. into Year 1:**

S – Can you run around a space then stop on a spot when asked and create a cat or cobra.

T - Introduce a wider range of animal moves to accompany these.

P - Introduce a pair of catchers to try to catch the children as they run around while off their spots.

**STEP – Adapt the Space, Task, Equipment, People to make the activity harder, or easier.**



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