**Colours**

1. Start with traffic light colours i.e. Red means stop, Green means go, Amber means jump up and down on the spot

2. Instruct children as to what they should do

3. When ‘Red’ prompt is called, ensure that the children stand still for at least 10 seconds (this helps develops balance)

4. Add additional colours to link with skills i.e. Purple means hop, Blue means run, etc.

5. To develop children’s balance further, instruct them to stand on one foot when ‘Red’ prompt is called out

6. Children can select their own colours and moves.

**Benefits**

Supports gross motor skills, other areas of learning, topics, imagination, spatial awareness, balance and children reluctant to do physical activities.

When children stand still for an extended period of time it helps with balance and to build muscle strength.

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

 T - Introduce a wider range of movements, linked to the colours. Use a movement vocabulary word bank for the children to lead themselves.

 E – Include equipment – allow dribbling while you are holding the cones. Run around in your area, when cones is shown, pass 3 times, then move on…

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



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