**Enchanted Forest**

Set up different activities around the room.

Tell the children that you heard different characters in the forest e.g. dinosaurs, lions, buzz light year etc.

1. Green coloured cones are a forest which children have to run through
2. Small steps are mini mountains to walk up and down
3. Spot markers are stepping stones which they have to jump/leap/hop on in order to get across the river
4. Blue cones signify water they have to swim across

Do different movements on each obstacle (jump in the water, hop on the stepping stones etc.)

**Benefits**

This develops gross motor skills, balance, coordination, spatial awareness, imagination and links to topics.

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

 S – Increase the space in which the cones are places increasing amount of time the children are travelling.

 T – Create your own journey, with your own coloured cones. Balances, throwing tasks could need to be performed at each area to gain access to the next area (An active Granny’s Garden – computing game)

 E – Include equipment to represent other challenges.

 P – Planning teams of 3/4.

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



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**info@binspireduk.co.uk**