**Fantastic Elastic**

All children to stand in a circle and hold onto the fantastic elastic (approximately 4 meters of thick elastic) with both hands

2. Take one step backwards

3. Take one step forwards

4. Move to the left

5. Move to the right

6. Stretch up with the elastic high in the air

7. Crouch down and put the elastic on the floor

8. Stand up

9. Climb over the elastic into the elastic circle

10. Climb under the elastic outside the elastic circle

11. Sit down and hook the elastic with your feet

12. Raise your feet into the air

13. Stand up

14. Hook the elastic in the crook of your arms

15. What else can you think of doing?

**Benefits**

Fantastic elastic can support gross motor skills, fine motor skills, balance, co-ordination, spatial awareness, other areas of learning as well as help children to focus and listening skills.

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

S - Increase the space by allowing these games at unstructured times like break times and lunch times

T – Create some songs that accompany the jumps – introduce some traditional playground songs.

E – Can you do the jumps while holding…? Can you… then run in and jump?

P - Increase the number of children holding the elastic tight on the outside, enabling more children to jump over. Hey can sand in between the children holding the elastic with their feet.

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



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