**Stop and Go**

Place the same amount of spots as children on the floor

All children move between the spots in different ways (free movement, movement to music, skills, etc.)

On adult’s command, children find a spot and become statues on one.

Children to pair up – one child is statue and other child mover

Remove half the spots

The statues stay as still as possible on a spot while movers move between the statues in different ways without knocking them over.

On teachers command the movers must find their partner and become the statue on their spot, while their partner becomes a mover and moves in the way indicated by the teacher.

**Benefits**

This develops gross motor skills, balance and spatial awareness.

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

S – Decrease the space they are working in for certain children. Discuss the greater control they will need to apply.

T – Include harder statue poses – develop into balances, on all 4’s, into 3 body parts, through to 1 leg.

E – Children moving can be carrying equipment, water in cups, balls, anything that they will need to control as well as themselves.

P – Work in pairs while running in and out, statues in pairs.

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



**www.binspireduk.co.uk**

**info@binspireduk.co.uk**