

Fantastic Elastic



Using positional language is great for getting children moving in different ways!
Two children to volunteer to stand opposite each other spread apart and holding the elastic with both hands. The elastic should be tight but not too tight (children should still find it easy to move the elastic).
Ask the other children to go:



Over the elastic
Under the elastic
Through the elastic
Around the elastic
Outside the elastic
Inside the elastic
Diagonally over the elastic
Diagonally under the elastic
Jump above the elastic
Squat below the elastic

Stand in the middle of the elastic and turn left then turn right



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.