

Magic Rocks and the Giant (Hide the Spot!)

Equipment

One spot per child and adult

Spread spots out so that there is enough space for all to move around between them

First instruct children to stand on a spot and instruct them to:

1. Hide the spot with your feet – stand on the spot
2. Hide the spot with your knees – kneel on the spot
3. Hide the spot with your bottom – sit on the spot
4. Hide the spot with your hands – put your hands on the spot
5. Hide the spot with your stomach – lie stomach down on the spot
6. Hide the spot with your back – lie backwards on the spot
7. Hide the spot with your chin – put your chin on the spot
8. What else can you hide the spot with?

Next tell children that the spots are magic rocks on an island

Explain that the spots are magic rocks that need to be protected from the “giant” (the adult)

Children should move in amongst the “rocks” in different ways (physical skills)

When the adult shouts out a body part the children need to find a “rock” and hide it with that body part, while the “giant” tries to find a magic rock.

Benefits

This can support spatial awareness (body awareness), gross motor development and imagination.