

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 where 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.



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