

Magic Rocks and the Giant (Hide the Spot!)

Equipment

One spot per child and adult

1. Spread spots out so that there is enough space for all to move around
2. Hide the spot with your feet – stand on the spot
3. Hide the spot with your knees – kneel on the spot
4. Hide the spot with your bottom – sit on the spot
5. Hide the spot with your hands – put your hands on the spot
6. Hide the spot with your stomach – lie stomach down on the spot
7. Hide the spot with your back – lie backwards on the spot
8. Hide the spot with your chin – put your chin on the spot
9. What else can you hide the spot with?
10. Next tell children that the spots are magic rocks on an island
11. Explain that the spots are magic rocks that need to be protected from the giant (the teacher)
12. Children should move in amongst the “rocks” in different ways (skills)
13. When the teacher shouts out a body part the children need to find a “rock” and hide it with that body part, while the teacher tries to find a magic rock.

Benefits

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