

3–5-year-olds

Play the game. Walk along the line.

Draw a straight chalk line on the floor of the classroom or the playground.

Place a toy animal at the end of the line.

Have the children walk along the line to reach and pick up the toy.

Say *'Walk! Go to the [tiger].'*

When the children have mastered walking along the straight line, make it more difficult by drawing curved or zig zag lines.

This game helps the children improve their balance in a safe way. It introduces the concept of carefully and adventurously reaching a goal.

6–9-year-olds

Make an indoor obstacle course.

Have the students make an obstacle course in the classroom or in the playground.

Arrange chairs, desks and boxes so that they have to climb, walk or crawl around, over, through or between the items to reach a goal.

Have them write or say the instructions.

'Go under the desk.' / *'Go around the chair.'* / *'Go between the two boxes.'*

This game practices giving and following specific instructions, and prepositions.

10–12-year-olds

Play the game. Thought and action.

Divide the class into two or more teams.

With the students, think of five physical activities which can safely be done in the classroom.

For example:

Do five star jumps.

Run on the spot for 1 minute.

Stand on one leg for 1 minute.

Walk quickly from one end of the classroom to the other.

Stand up and sit down 10 times.

Now, for each team, write five questions on the board – the questions for each team should be different. Leave a space after each question for students to write the answer. Make the questions a mix of Math and English or General Knowledge.

For example:

$7 \times 8 =$ _____

The opposite of 'heavy' is _____

What is the capital city of France? _____

$120 - 45 =$ _____

What is the simple past of the verb 'buy'? _____

Start the game.

First the students have to answer a question.

When they have got the correct answer, they complete one of the physical activities.

The students work together in their teams. They can decide who writes the answers and who does the physical activities.

The first team to complete all the activities wins.

This game encourages co-operation and shows that we have to use our mental and physical strengths to reach a goal.