

1. Obstacle Course

- Create an obstacle course - indoors or outdoors.
- Encourage your children to move in a variety of different ways - going under, on top, through, over, slithering, crawling, climbing, balancing.
- Can the children negotiate space and avoid obstacles?
- Can they change speed and direction - going fast or slow?
- Can they jump and land on two feet - safely?
- Can they jump or hop as well as run and walk around the course?

2. Cutting

- Create a collage picture, cutting out different shapes and sizes of different materials.
- Encourage the children to use the scissors in one hand.
- Mark out different types of lines on a piece of paper - straight, wavy and zig zag. Use scissors to cut and follow the lines.

