

2. Vroom, Vroom!

Description

Arrange pupils in lanes or zones to ensure pupils remain socially distant. Invite pupils to move around the space, change their method of travelling e.g. jogging, skipping, jumping etc. Invite pupils to imagine they are getting into a car, putting on their seat belt and fixing the mirror. Pupils drive their car around the playing area by jogging and then completing the corresponding actions to the commands:



- **Red light:** stop
- **Green light:** go
- **Speed bumps:** jump up and down
- **Reverse:** go backwards.

When pupils stop on 'red light,' ask them to point to where there are gaps in the space you are using. Encourage them to use all of the space as they move.

Encourage the pupils to stop and change direction when necessary to avoid bumping into others.

Equipment

- Spot Markers

Variations

- Begin this activity by walking until the pupils become familiar with the command:
- Make this harder by adding in gears:
 - > Gear 1: slow walking.
 - > Gear 2: fast walking.
 - > Gear 3: running.