



Level 1 Activities

RUNNING

Move Like An Animal

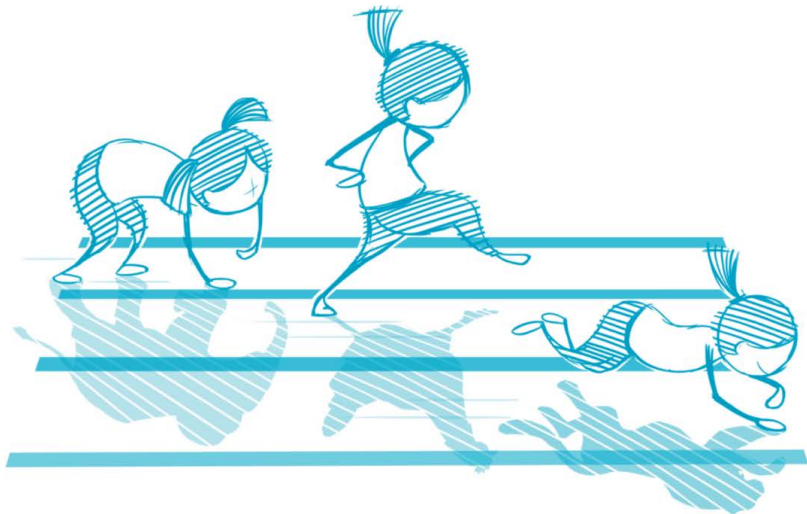
Equipment Needed

Two teddies, cuddly toys or cans of food.

How to play

Use your teddies as markers. Place them five metres apart. Run up and back from teddy to teddy ten times.

Try running like different animals such as a cheetah, a hippo or a chicken. Practise running at different speeds such as running after a bus, running out of water, backward running.



Adapted from  [Move Well, Move Often - Book 1 Page 27](#)



Level 1 Activities

RUNNING

Standing Starter Sprints

Equipment Needed

Two teddies, two t shirts.

How to play

Place two teddies ten metres apart. Stand at one teddy and invite someone at home to stand at the other. Practise “On your marks, set, go” with your partner calling out the commands. Sprint over to your partner. Swap roles.



Adapted from  [PSSI Lesson Plans - Infants Lesson 3 Page 4](#)



Level 1 Activities

JUMPING

Long Jump One

Equipment Needed

Two teddies or jumpers to mark the start and finish of your jump.

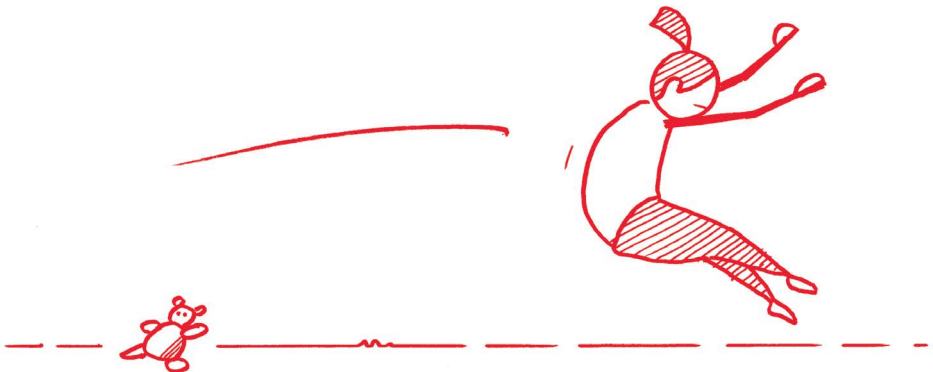
How to play

Place one teddy down as the starting point. Exploring jumping for distance:

- Jump two feet and land on two feet
- Jump one foot to land on two feet
- Jump one foot to land on one foot

Place another teddy down where you land.

Note which type of jump is your longest distance!



Adapted from  [Move Well, Move Often - Book 1 Page 79](#)



Level 1 Activities

JUMPING

Vertical Jump

Equipment Needed

A piece of chalk or a pencil and a measuring tape.

How to play

Stand sideways to a wall in the playing area. Practise jumping up high and straight, to touch the wall. Invite someone from home to mark your jump height with chalk. Try to beat your previous height. Turn around and try on the other side reaching up with your other hand!



Adapted from  [Move Well Move Often - Jumping for Height Video](#)



Level 1 Activities

THROWING

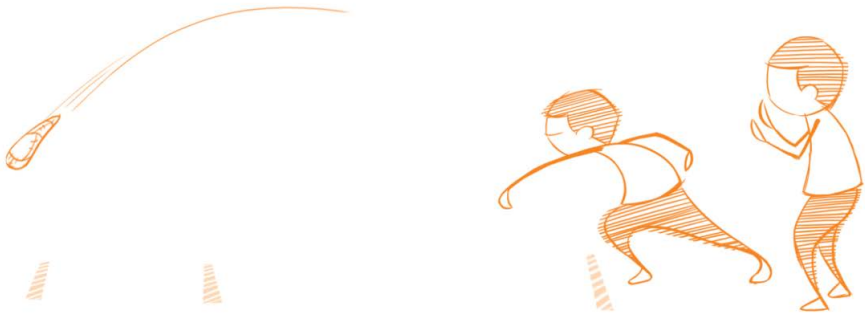
How Far Can You Throw?


Equipment Needed

A teddy, a soft toy or a beanbag.

How to play

Invite someone at home to play with you, or play on your own. Stand at your starting line and throw as far as you can. How many different ways can you throw? (underarm, overarm, chest-pass, throw from each hand etc). Walk to where your teddy lands. Count your steps as you walk. Try to beat your score or your partner's score.



Adapted from  [Move Well, Move Often - Book 1 Page 160](#)



Level 1 Activities

THROWING

Flying Teddies

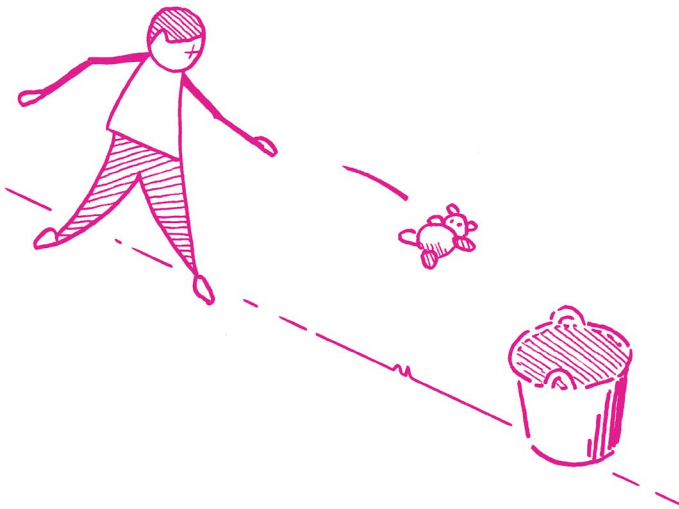
Equipment Needed

A teddy or a soft toy, a target for example a bin or a basket or a bucket or a hoop.

How to play

Place your target one metre away from you. Stand facing your target. Practise throwing your teddy into the target. How many different ways can you throw? (underarm, overarm, chest-pass, throw from each hand etc). Each time your teddy lands in the target, move the target one step further away from you.

Switch the rules around, for example, if you lose you become the chaser.



Adapted from  [Beyond the Classroom - Throwing Video C](#)