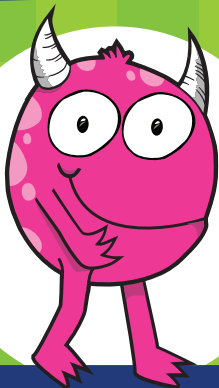


Leaping

A long step where both feet lift off the ground and the body covers a small distance.



1

Push off on one foot.



2

Reach forward with opposite arm whilst body is off the ground.



3

Land on the opposite foot.

Get moving with **MINI MOVES**





FIRE Leap

It's hot, it's hot, try and leap over the hot fire spot.



Equipment:

Chalk (red) or coloured ropes.

Where to play:

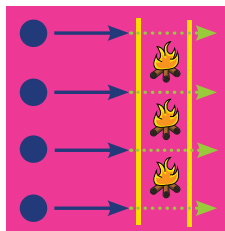
 Outdoors

 Indoors

Age:

Toddlers & Preschoolers
(2 to 5 years).

What does the game look like?



KEY:



Children



Fire



Ropes



Direction of leap



Direction of run



FIRE Leap

It's hot, it's hot, try and leap over the hot fire spot.

Step 1

With chalk, draw two lines on the ground, or use coloured ropes, placing them 30cms apart, this is the fire spot.

Step 2

Line children up next to one another, a couple of metres from the fire so that they can take a run-up.

Step 3

Call "Fire Leap", children then leap over the fire after saying:

"It's hot, it's hot,
try and leap over
the hot fire spot."



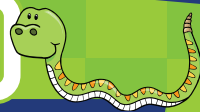
Tips:

EASIER: Move the lines closer together.

HARDER: Move the lines further apart every round or add objects to leap over.



On the Way to the ZOO



Leap over the reptiles, but be careful, don't get bitten.

Equipment:

Chalk.

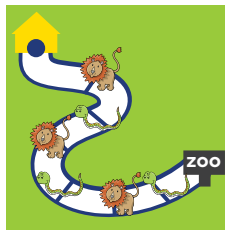
Where to play:

 Outdoors

Age:

Toddlers & Preschoolers
(2 to 5 years).

What does the game look like?

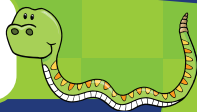


KEY:

-  Children
-  Lions
-  Snakes
-  Home
-  Zoo
-  Path



On the Way to the ZOO



Leap over the reptiles, but be careful, **don't get bitten.**

Step 1 With chalk, draw a path for children to follow, marking reptiles (lines) along the path for children to leap over.

Step 2 Tell children to follow the path to the zoo, but watch out for the reptiles (lines) that have escaped.

Step 3 As children walk along the path, tell them to leap over the reptiles (lines) so they don't get bitten.

Step 4 Once all children have reached the zoo, tell them the lions (lines) have escaped.

Step 5 Children now run and leap over the lions (lines) and "roar" as they make their way home along the path.



Tips:
EASIER: Take out steps four and five and children leap over reptiles on their way home from the zoo.
HARDER: Make the path longer with more bends in it.



FROG Splash

Leap from the lily pads, but don't fall in the water and make a splash.

Equipment:
Hula hoops or mats.

Where to play:



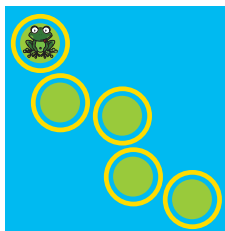
Outdoors



Indoors

Age:
Toddlers & Preschoolers
(2 to 5 years).

What does the game look like?



KEY:



Frog (children)



Hula hoop/mat
(lily pad)



Frog pond/water



FROG Splash

Leap from the lily pads, but don't fall in the water and make a splash.

Step 1

Randomly arrange the hula hoops/mats on the floor in the classroom or outside.

Step 2

Ask your class to imagine the floor is a pond and the hula hoops/mats are lily pads.

Step 3

Taking turns, each child embarks on the Lily Pad Adventure, leaping from one lily pad to the next, until they have reached the end.

Step 4

If at any time a child loses balance and falls off a lily pad they call out "splash" and start again.



EASIER: Place lily pads in a straight line or closer together.

Tips: **HARDER:** Each child starts on a lily pad. Allocate a bullfrog (tagger) and on "go" children leap from lily pad to lily pad. If the bullfrog lands on a lily pad already occupied, they yell "splash" and that child becomes the bullfrog.