

Running

A fast walking action where both feet come off the ground at the same time.



1

Bend elbows
with weight on
front leg.



2

Swing arms
opposite to legs and
kick back heel upwards.



3

Front knee lifts to
hip height with front foot
stretching forward.

Get moving with **MINI MOVES**





Mr Crocodile RUN

Don't get caught by the crocodile, RUN, RUN.

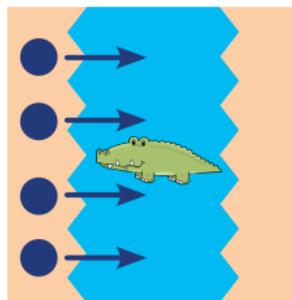


Equipment:
Markers.

Where to play:
 Outdoors

Age:
Preschoolers
(3 to 5 years).

What does the game look like?



KEY:

-  Home Base
-  Water
-  Markers
-  Mr Crocodile
-  Children



Mr Crocodile RUN

Don't get caught by the crocodile, RUN, RUN.

Step 1

Nominate one child as Mr Crocodile.

Step 2

At each end of your play area mark out a home base.

Step 3

Children start at home base and sing:
"Please Mr Crocodile, may we cross the river, if not, why not, what's your favourite colour?"

Step 4

Mr Crocodile calls out a colour. Children wearing that colour are safe to run over to home base, avoiding Mr Crocodile.

Step 5

The remaining children have to try and run to home base while Mr Crocodile tries to run and catch (tip) them.

Step 6

All children who Mr Crocodile catch become 'stuck in the river' where they were tagged and miss one round. When Mr Crocodile calls the next colour all children stuck in the river join in again.

Tips:

EASIER: Nominate an Educator as Mr Crocodile.

HARDER: Replace colours with features such as: blue eyes, blonde hair, long hair, short hair.





Trap the CHICKEN

Don't get trapped, run chicken, run.



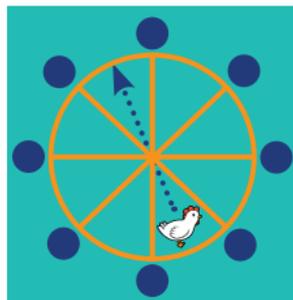
Equipment:
Parachute.

Where to play:

-  Outdoors
-  Indoors

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

What does the game look like?



KEY:

-  Parachute
-  Children
-  Path under parachute
-  Chicken



Trap the CHICKEN

Don't get trapped, run chicken, run.

Step 1 Organise children to stand in a circle around the outside of the open parachute. Ask children to hold the parachute above their heads, lifting it in the air together.

Step 2 Call out a child's name. This child becomes the chicken and must run underneath the parachute to the other side.

Step 3 Whilst the chicken is running underneath the parachute, children on the outside SLOWLY lower the parachute to the ground to try and trap the chicken singing the chicken song: "Run chicken, run! Don't get trapped, run chicken, run."

Step 4 Each chicken rejoins the circle after their turn, even if they were trapped.

Step 5 Educator continues to call out names, with each child having a turn of being the chicken.

EASIER: Remove the song.

Tips:

HARDER: If a chicken is caught they start on the outside of the circle in the next game and when a child's name is called they have to run around the outside of the circle before finding their place again.





CAPTAIN'S Coming

Starboard, port, bow and stern. *Age, Age*, the Captain's coming, run to his commands.

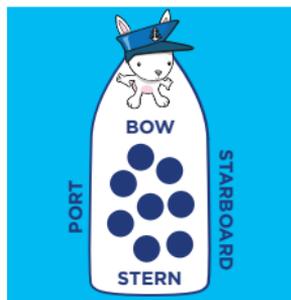


Equipment:
Not required.

Where to play:
 Outdoors

Age:
Preschoolers
(3 to 5 years).

What does the game look like?



KEY:

-  Captain (Educator)
-  Children
-  Boat



CAPTAIN'S Coming

Starboard, port, bow and stern. *Aye, Aye*, the Captain's coming, run to his commands.

Step 1

Organise children in the centre of an area and tell them that they are now on a boat.

Step 2

As the Captain, teach the children ten commands and the instruction for each.

Step 3

Call out each command for children to follow.

Sample Commands:

- **Bow** - Run to front of boat.
- **Stern** - Run to back of boat.
- **Starboard** - Run to right of boat.
- **Port** - Run to left of boat.
- **Captain's Coming** - Stand tall, salute and shout "Aye, Aye Captain".
- **Captain's Wife** - Curtsey (boys can bow).
- **Scrub the Decks** - On hands and knees and pretend to scrub the decks.
- **Climb the Rigging** - Run on the spot, pretending to climb a rope ladder.
- **Sharks!** - Lay on stomach with feet up in the air, pretending to swim.
- **Freeze** - Stop (Captain must say "Unfreeze" for game to continue).
- **Unfreeze** - Game to continue.

Tips: **EASIER:** Reduce the number of commands to bow, stern, starboard and port only and point in the direction children should run.

HARDER: Children who don't perform the correct command have to Climb the Rigging on the spot for one round.

