## A MATTS OF MOMENT Activity

Use the enlarged "then" and "now" cards below and let the children sort these into things which are used "then" and those which are used "now".

## YOU WILL NEED

The cards below enlarged and printed onto cardboard.

## ACTIVITY

- 1 Place the red and blue 'then' and 'now' cards either on the ground or stuck to a wall at least 5 metres apart.
- 2 As students are shown the cards they must choose whether this is somethings that is in use "now" or was used in the past "then".
- 3 Students must then demonstrate their response by using the given fundamental movement skills such as hopping, skipping or jumping to their chosen card used in the past 'then' or 'now'.

Uses physical activity to demonstrate their understanding of "then" and "now"



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**JHEN**