

A MATHS 'N' MOVEMENT ACTIVITY

Use the enlarged do and don't cards below to simultaneously teach children how to be a good friend and the fundamental movement skills.

YOU WILL NEED

The cards below enlarged and printed onto cardboard.

ACTIVITY

- 1 Place the red and green 'Do' and 'Don't' 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 something they would or would not do if they wanted to be a good friend.
- 3 Students must then demonstrate their response by using the given fundamental movement skills such as hopping, skipping or jumping to their chosen card - Do or Don't.

Practises and refines fundamental movement skills in a variety of movement sequences and situations



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Share their happiness



Make them feel bad



Make them feel good

DO



Laugh if they get hurt



Leave them out of games



Play together

DON'T