## Ready Teddy Go!

Hide teddies along an activity trail to encourage little ones to exercise

**Early Years** 

Playbased Learning





## **Equipment:**

- 6 soft toys, small world characters or cars
- Print out a set of the activity cards attached below or create your own.

## **Activity**

This activity aims to get children engaged in physical activity using toys to motivate them.

- Copy the activity cards below (or print them).
- Attach one to each of the toys.
- Hide them safely and at a height the children can reach
- Explain to your child that you have a game set up and model to them how to search for the toys allowing them to find the toys themselves. (Use humour here, teachers are terrible at finding toys, etc (2))
- When you find the toys, model how to do the exercises
- Have the children invent their own new actions and create their own active trails.

## **General Learning Outcomes**

This activity supports:
Physical education, play, emotional wellbeing, language and observational skills.

- Why not vary the heights to encourage your child to look up and down?
- Look up the nursery rhymes to sing whilst you do this:
   5 Little Speckled Frogs
   Twinkle Twinkle Little Star



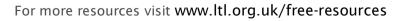


© This activity sheet was created by Learning through Landscapes Registered charity no. in England and Wales 803270 and in Scotland SCO38890



I love to do bunny hops Hop, hop,	Skip, skip, skip to the loo - no not
hop for 10 seconds 😊	really, let's skip for 10 seconds 😊
Help me I need to run Run, run,	Boing, boing I am trying to be a frog
run for 10 seconds 😊	- jumping into the pond. Can you jump
	like a frog for 10 seconds? 😊
No time to rest! Let's hop on one	Twinkle Twinkle Little Star, that is what
leg for 10 seconds (hold on to	you are can you do star jumps for 10
something if you need too) 😊	seconds, reach for those stars 😊





© This activity sheet was created by Learning through Landscapes Registered charity no. in England and Wales 803270 and in Scotland SCO38890

