

# Ready Teddy Go!

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

Early Years

Play-based Learning



## 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 😊)
- 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.

## Equipment:

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

## 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

For more resources visit [www.ltl.org.uk/free-resources](http://www.ltl.org.uk/free-resources)

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



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