

Reception PE Monday 16th November

Warm Up and Introduction

Exploring Africa:

Tell the children that in their warm up they are going to be exploring Africa. Ask the children if they know of any animals that they might see on a safari in Africa. Show the children the resource card and highlight the elephants, lions, snakes etc. Children begin standing in their own space and copy the commands said by the teacher.

- Tip toe past the snake
- Duck under trees
- Run from the lion
- Talk to the monkeys as you travel like one (ooh, ooh, aah, aah)
- Walk really tall with your arms in the air like a big giraffe

Move into space away from others.

Stop and change direction to avoid bumping into others.

25

Mins

Skill Development

Watch out snakes!

1. **A**Tell the children that they are explorers travelling through Africa. Ask them to hold imaginary binoculars as they look around for animals. Then when the teacher says 'let's explore', they begin jogging around the teaching space. When the teacher says 'watch out, snakes!' children must stop as quickly as possible. Use big steps to run and small steps to stop. Move your arms backwards and forwards to help you run faster. Look forwards and move into space. Make this easier by pausing in between the instruction 'watch out.....snakes', this will give the children longer to prepare themselves to stop.

2. **B**Begin the children at one end of the playing area. The aim of the game is for the explorers to reach the opposite end of the teaching space. When the teacher says 'let's explore', children can run forwards. When the teacher says 'watch out, snakes!', all children must stop. If they wobble or fall over they must go back to the start line. If the teacher says 'the lions are coming', all children must run back to the start line with the teacher chasing them. [Listen carefully to the instructions. Stop by taking small steps. Make this easier by decreasing the distance to the end line.](#)

Elephant walk:

Tell the children that when elephants walk all together, they often walk in a straight line looking for water and food. Sometimes the calves hold onto their mothers' tail to keep up. In this game children are going to imagine that they are elephants walking in a line.

1. **A**In pairs, children stand one behind the other, one big step apart. The child at the front is the mummy elephant and the child at the back is the baby elephant. The baby elephant places their hand onto the mummy elephants shoulder. Can they walk around in this space without losing contact? When the teacher says 'look, we've found water', the children stop and change over roles. [Explore all different spaces of the teaching area as you look for water.Keep one big step away from your partner.Make this harder by asking the children to walk at a fast pace.](#)
2. **B**Repeat the game. This time children run around the teaching space and do not hold their partners' shoulder. Can they still keep a safe distance from their partner? When the teacher says 'look, we've found water', can the children stop safely without touching their partner?[Take small steps and bend your knees to help you to stop.](#)

3.



Monkey tag:

Select two children to begin as the monkeys, they each carry a cone. All other children are explorers and jog around the teaching space. When caught by a monkey, explorers collect a cone and also become a monkey. Play until there are only a few explorers left. [Once caught try to stop quickly by keeping your chest up and using your arms to balance.](#) Make this easier for the monkeys by playing in a smaller area.

5

Mins

Plenary

What can you do to help you to stop quickly?

Why is it important to be able to stop quickly?