

THROUGH THE JUNGLE**DESCRIPTION:**

- Ask children to find a space.
- Explain they are going to be going running in a jungle and they are going to need to experiment using different ways to jump over obstacles they meet in the jungle.
- Give each obstacle a jump such as:
 - Jump over a snake – one foot to one foot (hop)
 - Jump from log to log – one to the other (leap)
 - Jump over a stream/river – one foot to two feet (hopscotch)
 - Jump over a crocodile – two feet to two feet (jump)
- Children travel around the room using travelling movements and when you shout the obstacle, they must perform the correct jump for the obstacle.
- Allow the children to be creative and think of other ways of jumping over different obstacles you may find in a jungle.

Resources

- Music is optional but using current chart music is recommended so that you can encourage the movement to the musical beat.