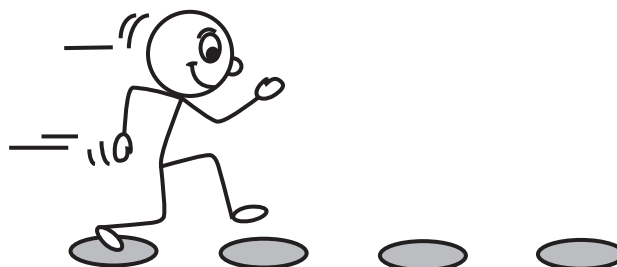


(35) CROSSING THE RIVER

Each child has a number of spots or markers which they arrange in a line of “stepping stones”.

- They can practise:-
- (i) walking across the stepping stones
 - (ii) walking sideways across the stepping stones
 - (iii) walking backwards across the stepping stones
 - (iv) jumping across the stepping stones
 - (v) jumping sideways across the stepping stones
 - (vi) hopping across the stepping stones
(they might have to put the stepping stones closer)

(Extensions to this activity could be making the stepping stones further apart or arranging the stepping stones in a different pattern).



(36) GIANTS AND FAIRIES

- (1) *(These are two contrasting modes of travel that are good to learn at the same time so children “feel” the difference in weight and size of step)*

Children move about the play area with BIG steps. *(Large steps tend to be performed with most of the soles of the feet on the floor)*

Children should make their bodies strong, and stretch to make their steps as large as possible to perform “giant strides”.

In contrast children should move about the play area with SMALL quick steps. *(SMALL steps are easier to perform up on the balls of their feet - “toes” to keep a balanced position).*

(Use a tambourine to stimulate the different types of travel i.e., strong, slow beats on the tambourine for the “giant strides” and continuous shaking of the tambourine for tiny quick “fairy steps” (or tip-toes).)

Musical accompaniment: TRACK 9 “Giants and Fairies”