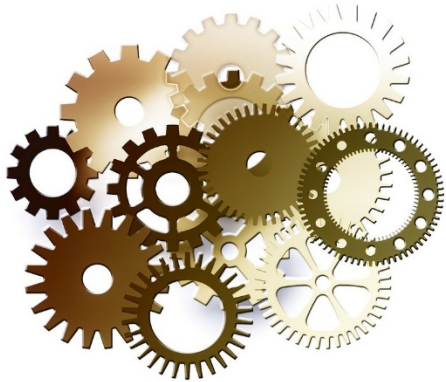


Changing Gears

This game is a great way to improve cardio fitness while developing a range of fundamental movement skills.



Level: All ages

Equipment: None

Purpose: The aim of this activity is to move around the area, increasing and decreasing speed in response to instructions.

Formation: Students spread around in a defined area

Instructions:

- Define an area for play
- The leader calls out a number between 1 and 4 which corresponds to the gears of a car with one being the slowest and 4 being the fastest.
- Players move around the area, changing the speed of their movements according to the number gear called out.

Key Questions you could ask:

Why is it important to maintain stability when we are changing speed?

What other activities might you need to control your speed?

Variations:

To make more difficult:

- Players change the locomotor skill used to reflect the speed of travel for example –
 - 1 = walking
 - 2 = skipping
 - 3 = jogging
 - 4 = sprinting
- Reduce the size of the area
- Dribble a ball with hands, feet or with an implement
- Play on wheels – bikes, scooters, skateboards
- Play in the swimming pool
- Increase the number of players in the area

To make it easier:

- Increase the size of the area
- Minimize speed changes
- Reduce the number of players in the area

Links to fundamental movement skills:

Manipulative Skills	Locomotor Skills	Stability Skills
Striking with an implement Striking with the hand Striking with the foot	Walking Jogging Skipping Jumping Running Dodging	Balance Turning and pivoting

Adapt this activity for your under fives

This is a great game for improving our fundamental movement skills as well as our imaginative play.

Adaptation

Explain that today you are going on a journey. Use your imaginations and decide where you would like to go.

Model driving a car yourself by sticking your arms out and holding an (imaginary or Frisbee) steering wheel. Ask the children what a steering wheel is for and how we could use it in this game.

Explain and model the different types of speeds for your journey: traffic jams (very slow), driving around the mountains (walking), driving through town (jogging) or driving on the motorway (running).

Put your seat belts on, look around for other cars and have everyone set off.

Whilst everybody is moving around tell them what type of driving, they need to do.

"We are now going up a big, tall mountain. Everybody slow down and drive around carefully."

Extension

Create activities on your journey: red lights (Freeze), a carwash (a tunnel to crawl through with socks or ribbon hanging down) or a bridge (tape on the floor to balance on).

Pretend you are travelling in a different country. What animals live there? Ask children to be different animals whilst travelling around i.e. Kangaroo (Jump), crocodile (crawl), snake (slide) and a horse (gallop).

Taxi driver. Ask children to pair up. One is the driver (Leader) and one is the passenger (follower).