



MOVING IN TIME

Ages 6+ | School Based | 2+ players

AIM OF THE GAME



- ▶ This is a team game. Children must move towards the chairs and sit down at the same time whilst starting from different distances.

EQUIPMENT



- ▶ Chairs and cones or markers.

HOW TO PLAY



- ▶ Chairs or end markers are lined up at one end of the playing area. Children start at the opposite end at different distances away from the chairs.
- ▶ On a signal, each child needs to start moving to cover their own distance to reach and sit on the chair opposite them. The children all need to sit on their chair at the same time as each other.
- ▶ Children adapt their own speed and number of steps to the distance they must cover to reach and sit down at the same time.
- ▶ Switch the children's starting positions to start from different distances.

GAME VARIATIONS



1. Change the movement to reach the chairs hopping, jumping, and running, crawling on all fours or moving backwards.
2. Encourage children to use a variety of movements in a sequence to cover the distance.
3. Try it with music, starting when music begins, or use a homemade tambourine/drum and only move on the beat.
4. Safely turn the chair around so it is facing away from them as they arrive to move around and sit down.