COGNITIVE ENGAGING PHYSICALLY ACTIVE PLAY

RUN AND FETCH

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Objective
This activity challenges concentration and reaction by having to register a message and act quickly on command.

Equipment
Cones

Instructions
1. The children stand near their own cone in a circle. In the centre of the circle, there is a cone with the leader of the game standing next to it.
2. The leader of the game shouts the name of the object the children shall fetch. For instance, “Run and fetch a spade,” “Run and fetch a stone,” “Rune and fetch your bottle.”
3. The children run and fetch what they are told to fetch and go back to their cone. The children must now concentrate and be ready for next step in the game.
4. When all the children have gone back to their cone, the leader shouts, “Cone!”
5. The children shall now run to the centre and to try and get the cone standing there.
6. The child who gets the cone now becomes the leader of the game.

Variation
- As a variation, you could tell them to do exercises near the cone instead of standing near it. For instance, jump, hop, twirl.
- They could also be given the task of moving around in different ways when fetching objects. For instance, “Crawl and fetch a bean bag, “Go sideways and fetch a bucket.”
- For the youngest children, the game can stop at point 3.