

MOTOR CHALLENGING PHYSICAL ACTIVITY



# ABRACADABRA



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## Objective

In Abracadabra, the children practise a range of locomotor skills. A witch turns children into animals with specific movements and tells them how and where to move. Through this game, the children will also practise receiving and following messages and rules.

## Equipment

No equipment required.

## Instructions

1. The adult is a witch who waves her magic wand and turns the children into different animals/or gives them motor training exercises to do from one area to another. "Abracadabra, I'm going to turn you into a snake that will wiggle from here to here..."

## Variation

- The activity can be varied by given exercises with different difficulty levels.
- The intensity of the game can be increased by getting the children to move a longer distance at a higher pace.
- To make the activity even more challenging, you could choose more uneven terrain (it is important to adapt the type of movement to the surface).