

MOTOR CHALLENGING PHYSICAL ACTIVITY



THE TOURIST GUIDE



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Objective

In The Tourist Guide, the children's locomotor skills are challenged through a 'pretend trip'. The children can also be creative in relation to what the 'trip' will be like.

Equipment

No equipment required.

Instructions

1. Played in groups of approx. three and three.
2. The person at the front is the tourist guide. Preferably, an adult in the beginning.
3. The person at the front guides the others through a 'pretend trip', e.g. in the forest, city, space and so forth.
4. The person at the front says where they are and the 'obstacles' they must walk over. For instance, whether they have to cross a river, climb over a fallen tree, walk under branches, etc.

Variation

- You can also pretend that you are going on a trip by train and that everyone in the group will be hanging out together on a long train. The train can move in many different ways, and that everyone has to hang on, e.g. backwards, forwards, sideways, crawling, hopping, on their knees, etc.