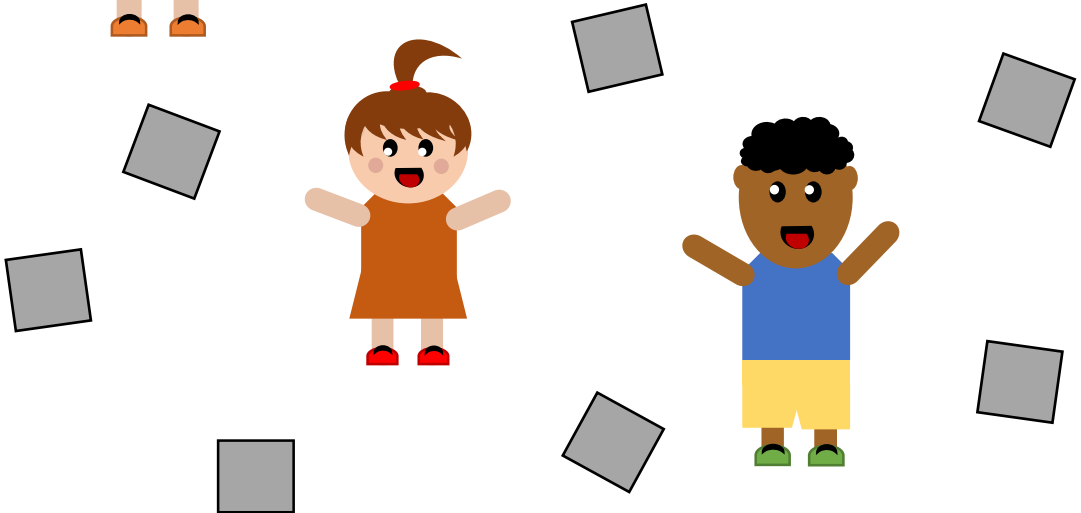
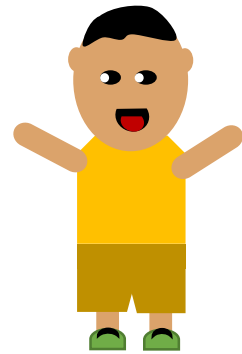
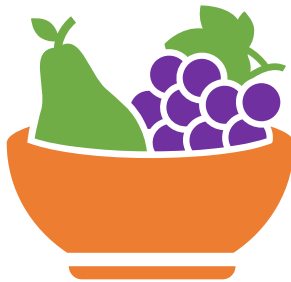


MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY



FRUIT SALAD



FRUIT SALAD

Objective

In this game, the children move at a moderate to vigorous-intensity pace between different carpet tiles. Upon a signal, the children shall find a vacant carpet tile.

Equipment

Carpet tiles or other equipment the children can stand on

Instructions

1. Spread the carpet tiles around the floor.
2. Divide the children into various fruits (e.g. grapes, bananas or oranges) and sit on a carpet tile.
3. Upon a signal, an adult or a child shouts that all the drapes have to go out and run, thereafter the bananas or oranges.
4. The children run between the carpet tiles and upon a signal, the adult shouts: "Fruit salad!" - then all the children find a vacant carpet tile.

Variation

- If desired, you can remove one, two or more carpet tiles, then there will be more of a race to find a vacant tile. Start the game again, preferably without any child being out of the game.
- As a variation, you can change the way the children move around (crawling, jumping, hopping).