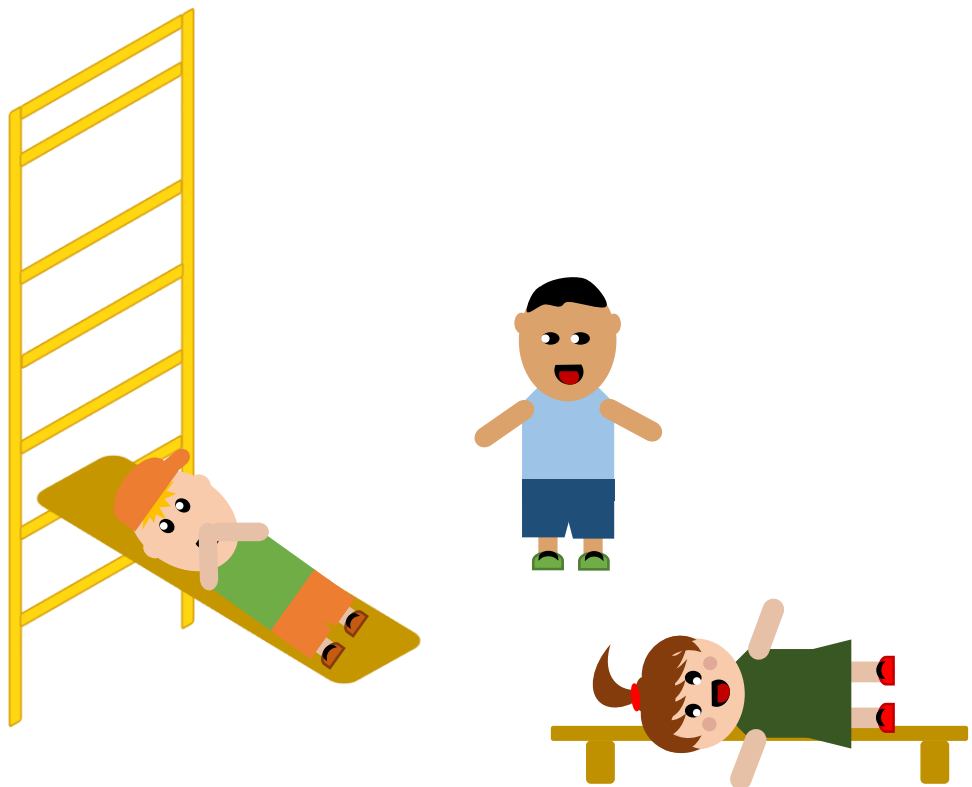


PHYSICALLY ACTIVE LEARNING



MOVEMENT AND FRICTION



MOVEMENT AND FRICTION

Objective

In this game, the children experience the connection between gradients, friction and speed. The children also challenge various gross motor skills.

Equipment

Wall bar
Bench

Instructions

1. Places benches on the wall bar at various heights, so the benches have different gradients.
2. Challenge the children to climb up and slide down the bench. Challenge the children to slide in different ways.
3. In addition, place a bench on floor-level, so the children can make comparisons.

Tips

- Preferably speak to the children about how various speeds can be attained. How should you slide to slide fast? How should you slide to slide slowly? Why does this happen?