

PHYSICALLY ACTIVE LEARNING



NUMBERS FROM 1-10



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Objective

Through this activity the children practise the numbers from 1-10 whilst they are physically active.

Equipment

Laminated numbers from 1-10 or cones or anything else with numbers on

Music

Instructions

1. Spread the numbers out on the floor or ground.
2. The children run around the hall/in the area whilst music is playing.
3. When the music stops, the children stop.
4. The adult shouts a number and the children run to the number.

Variation

- To make the game easier, you can show the quantity in addition to the number on a sheet of paper (for example, to dots for number two).
- You can put out several examples of each number, for example, three of each number). The children will then run in different directions and not just follow the other children.
- Older children can receive a sum when the music stops. For instance, $1 + 2 = 3$, so they must run to 3.
- You can replace running with, for example, jumping, hopping or moving like an eel.
- You can play the same game with letters, shapes and colours.