

The Setup

Traffic lights

What's needed

Signs Mats

How to play

Green – go

Orange – get ready for change

Red – stop

Arrow – children all run in the same direction

Roundabout – children go in circles.

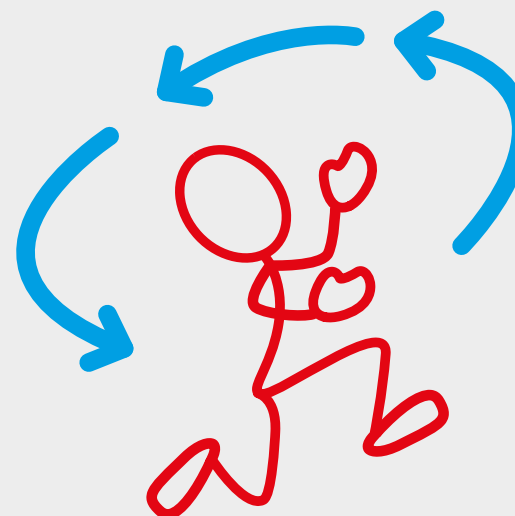
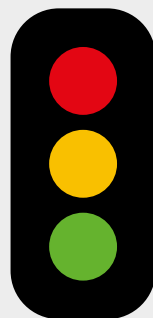
No entry – children stop and turn around.

People walking – grab a partner to move with.

Bike – pretend to cycle (high knees and hands out in front like holding handles).

Crossing – Look both ways before moving anywhere.

In an open space explain what each sign means, then hold one up and call out what it is. The children run around while listening out for the next instruction. The teacher holds up different mats for the children to carry out different actions.





Suggested age range

Foundation Stage/ KS1

Learning outcome

To listen for instruction, learn what different signs mean and how this keeps the children safe when around roads

Success criteria (measuring impact)

Children successfully moving around the room following the instruction on the mat from the teacher

Risks to be considered

- Suitable clothing and footwear are worn by the children and anything that could obstruct, or cause injury has been removed
- The right equipment is available and has been checked
- The area is safe and clear ensuring any hazards have been removed
- Safety information is highlighted to staff and children
- SEND pupils and other vulnerable groups (e.g., EAL) have suitable support to take part in the activities

Assessment for learning questions

Pre- activity:

- Why is working as a team important?
- Why is it important to know what the signs signify?
- What does each sign signify?

Post-activity:

- What did you do better or different to improve?
- What could you do better next time?
- What have you learnt about working in a team?

Warm Up

Perform two rounds for 30 seconds each. Rest for 10 seconds in between each exercise:

- Lunges 30 second /10 second rest
- Plank 30 second /10 second rest
- Press ups 30 second /10 second rest
- Rocket jumps 30 second /10 second rest
- Sit ups 30 second /10 second rest
- Star jumps 30 second /10 second rest

Main focus

To be aware of children around them, be able to focus and listen for instruction while running around and correctly carrying out the movement from the mat.

Cool down

Teacher led
30secs per exercise

- Arm stretches
- Hula hoop motion without the hula hoops, slowly
- Static lunges with side stretch
- Static Rocket Jumps -Squat and lift
- Calf stretches

Reflect

What improved skills have you achieved?

Where do you feel you could have done better?

What would be your goal for next time?

What have you learnt about yourselves today?