



## What's needed

Number of children: maximum x16



**This activity is perfect for establishing an understanding of each action and will support the impact of other Mini Mat activities.**

## Learning objectives

This learning activity is designed to develop children's fluidity through movement and muscle memory, and support their cognitive focus through repetitive sequencing.

## Early Years Statutory Framework England

### Physical Development

#### **ELG: Gross Motor Skills**

- Develop strength balance and coordination activities such as climbing dancing running and jumping
- Negotiate space and obstacles safely, with consideration for themselves and others.
- Develop agility and control over their bodies

## Personal, Social and Emotional Development

#### **ELG: Managing Self**

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

#### **ELG: Self-Regulation**

Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

## How to Play

Students should stand on a mat and wait for further instruction.

Ask students to look at the stick person on their mat and then complete the action for an allocated amount of time. During this time try to support students to complete the action as designed. (Refer to the descriptions that accompany the mats)

Once completed, ask students to freeze for around 5 seconds.

Then ask students to move around the space in the middle of the mats by using a specific movement until you tell instruct them to freeze again. Examples of movements include – walking as tall as possible, walking as small as possible, walking as wide as possible, walking as slim as possible, slow motion running, walking backwards or sideways.

Next, ask students to return to their mat and stand still. Once ready ask students to move clockwise to the mat next to them.

Repeat the activity and continue until each student has used each mat and practiced each action.