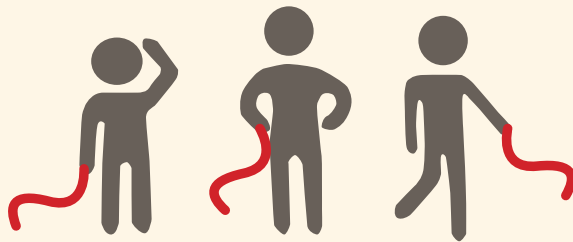


Catch the Tail



1

All children are given a tail which is attached to the body.



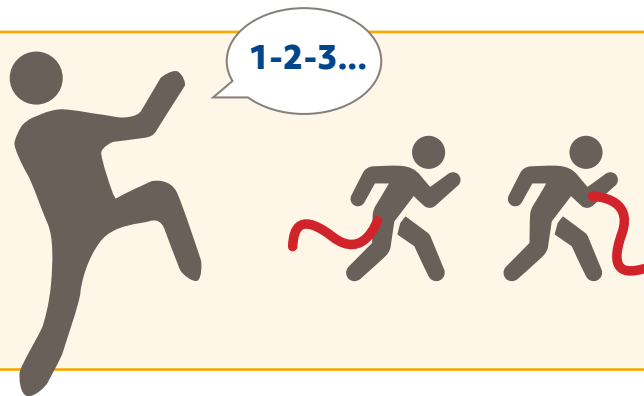
2

A child draws an exercise and a number (4-9) from a box.



3

Immediately, the childcare workers perform the exercise the drawn number of times. Simultaneously, the children run away.

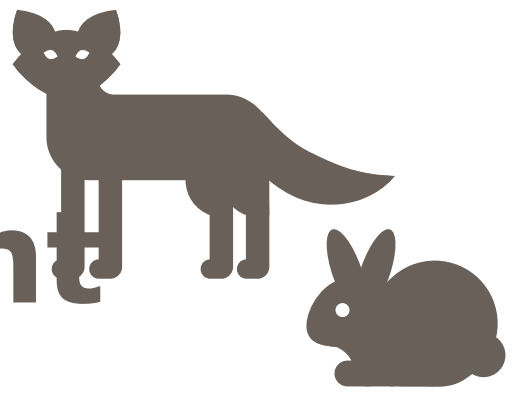


4

When the childcare workers have finished the exercise, they run out and collect the tails from the children.



Rabbit Hunt



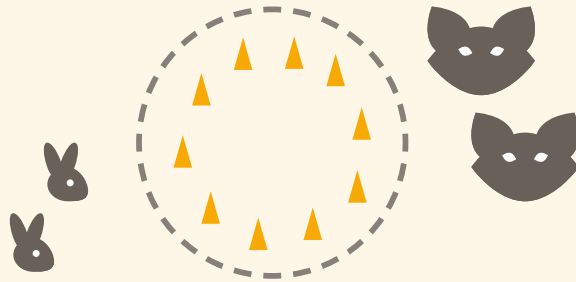
1

8-12 cones are placed so they form a circle. The childcare workers and children place themselves on opposite sides of the circle.



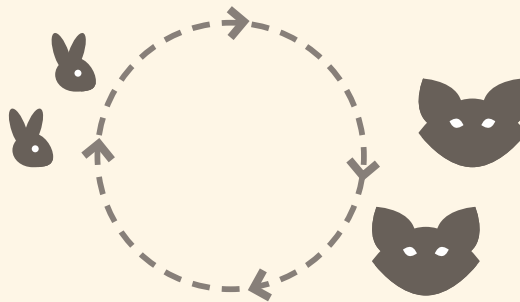
2

The childcare workers act as foxes while the children act as rabbits.



3

The foxes start chasing the rabbits. It is only permitted to run clockwise around the circle.

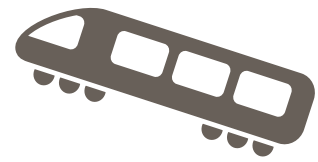


4

When a fox catches a rabbit, all foxes have to do five repetitions of an exercise (e.g. burpees or jumping jacks) before they are allowed to chase the rabbits again.

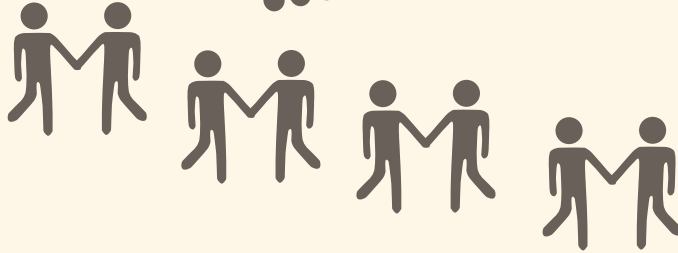


Goldilocks Train



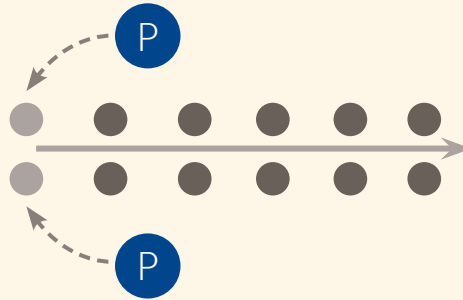
1

All children are paired and walk hand-in-hand in a straight line. The childcare workers walk at the front and the end of the line.



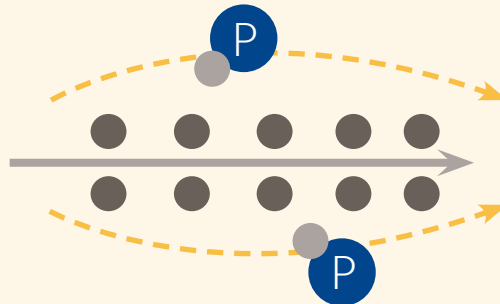
2

Two childcare workers run to the back end of the train and pick up a child each.



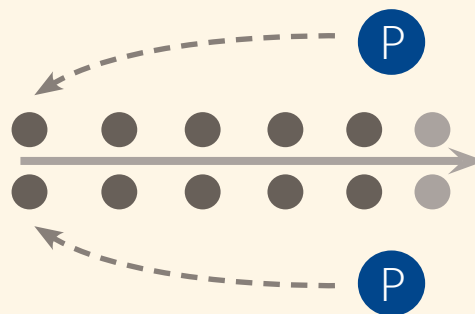
3

The childcare workers hold the children hand-in-hand and run to the front of the train, where the two children connect again by holding hands.

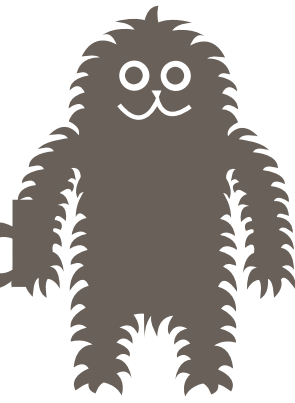


4

This sequence continues until the Goldilocks train has reached its destination.



Sports Wizard



1

Before the game starts, a catching exercise (e.g. jumping jacks) and a liberator exercise (e.g. burpees) are chosen.

The catching exercise is jumping jacks



The liberator exercise is burpees

2

Two childcare workers are chosen as catcher and liberator, respectively. The children must try to avoid being caught.

Catcher

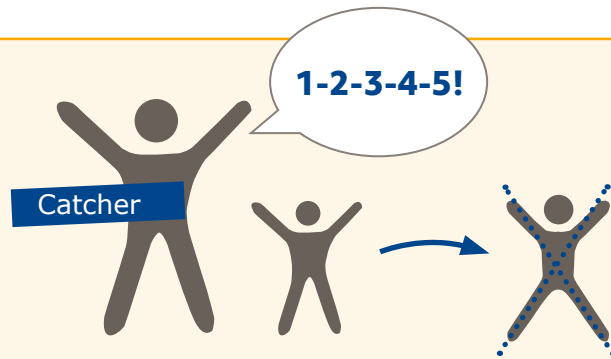


Liberator

3

When a child is captured, the catcher and child must perform the catching exercise together five times. Hereafter, the child posing as an 'X' and waits to be freed.

Catcher

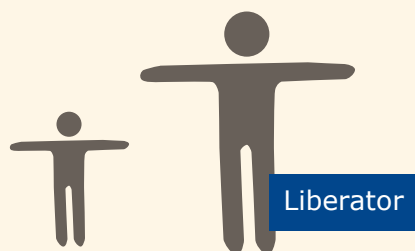


1-2-3-4-5!

4

To release a child, the liberator and child have to do perform the liberator exercise together five times.

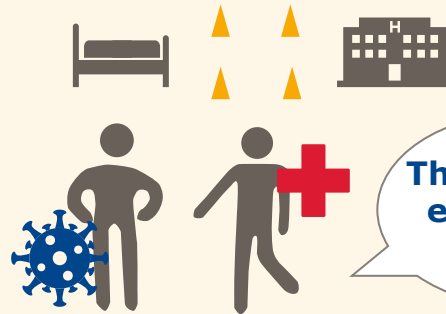
1-2-3-4-5!



Liberator

Goldilocks Hospital

- 1 Before the game starts, a court is marked with cones. In one end of the court is 'home in bed' and in the other end 'Goldilocks Hospital'. One childcare worker act as virus and another childcare worker as doctor. In addition, a treatment exercise (e.g. squats) is chosen.



The liberator exercise is squats

- 2 The virus infects the children by catching them and follow them to the 'home in bed' area. Here the children lie down to indicate that they have become ill.



- 3 The doctor runs to the 'home in bed' area and picks up the sick child. Together doctor and child run to the 'Goldilocks Hospital' area.

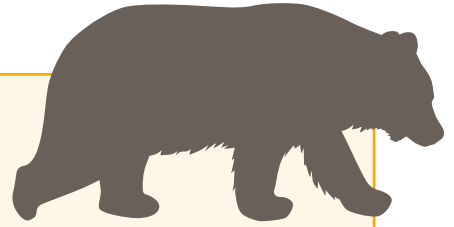
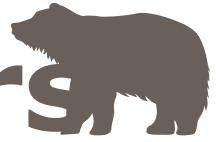


- 4 The child will become well after the doctor and child have done the predetermined liberator exercise five times together.

1-2-3-4-5!

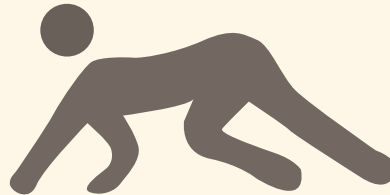


Goldilocks bears



1

Both children and childcare workers assume the bear position (i.e. walking on hands and feet).



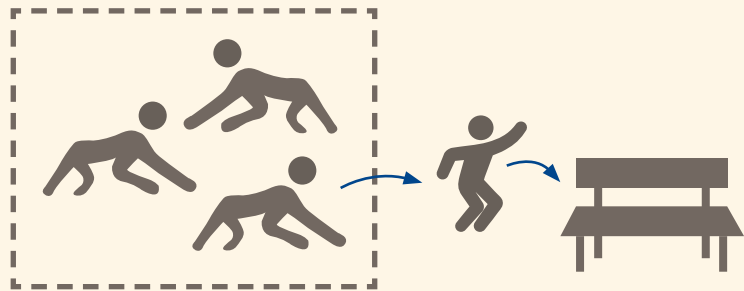
2

The childcare workers are then supposed to catch the children by patting them on the back of their hand.



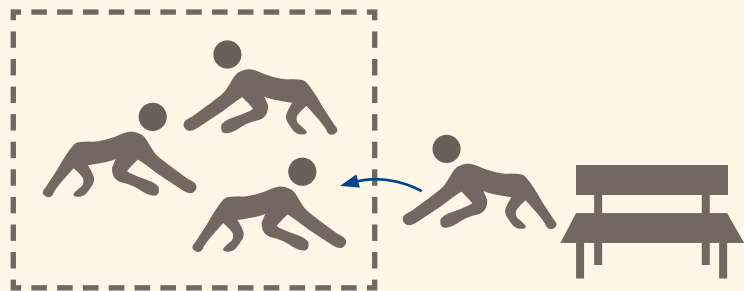
3

When a child has been patted on the back, the child must jump to an agreed place outside the court (e.g. to a bench).



4

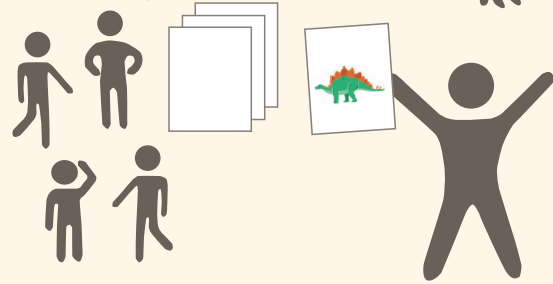
Hereafter, the child can return to the game as a bear.



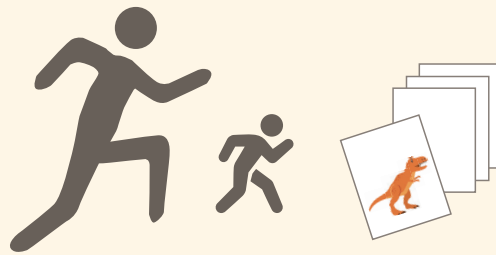
Dinosaur relay



1 Children and childcare workers are divided into two teams. Each team receives a pile of cards with dinosaurs on. First, the childcare workers go through the cards and explain how the different dinosaurs move. The cards are placed with the image side down a suitable distance from the children.



2 Together with the childcare worker, the children take turns to run down and pick a card.



3 The childcare worker and child are then imitating the dinosaur on the card as they run/walk down to the other children.



4 The other children must then guess which dinosaur that was imitated.

Hereafter, it is the next child in line.

