

Star Performer

EQUIPMENT & MATERIALS: Large open space. Plastic cones.



Instructions

1. Divide the children into groups of 3-4 children and have them sit as a relay team behind a cone (separated two metres).
2. Set up a second cone for each team 10-15 metres away.
3. Assign a number to each child in each group - one, two, three, four, etc.
4. When you shout a particular number, the child in each group with that number must run to their team cone and perform a challenge that you name beforehand. For example:
 - » “Say hello in another language—number two!”
 - » “Show us your best dance move—number four!”
 - » “Sing us part of your favorite song—number one!”
 - » “Balance on one leg and count to five—number three!”
 - » “Name your favorite animal—number two!”
5. After each child performs their challenge, they run back to their team and sit down as quickly as possible. (Each challenge is basically a race between the children of the different teams.)