The Highland Council’s High 5

Fit 15

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| Learning Through Stories and Rhymes - Rope Circles |
| Resources One short rope per child |
| Curriculum for Excellence BenchmarksHWB 0-25a “I am enjoying daily opportunities to participate in different kinds of energetic play both indoors and outdoors.”LIT 0-01a “I enjoy exploring and playing with the patterns and sounds of language, and can use what I learn.”MNU 0-01a “I am developing a sense of size and amount by observing, exploring, using and communicating with others about things in the world around me.” |
| Activity:Read these poems aloud and encourage the children to respond in movement, matching actions to words. The children should use a rope each to create their own ‘puddle’ shape on the floor. Children start standing inside their puddle. |
| Part 1:Step outside and look around,There are lots of puddles on the ground.Walk around and see where you can go,But no wet feet, so please go slow.Now see if you can gently run,Between the puddles one by one.But if you want to rest and hide,Find a puddle and jump inside.Stamp and splash, jump up and down,Then jump outside and off again.Jump over puddles on the way,And count how many as you play.But now it’s almost time to stop,Find a puddle and in you hop.Hop on one leg and the other,Hop from your puddle to another.Step inside and stand quite still,Just like a statue if you will.Slowly, slowly, sink down low,Rocking gently to and fro. |
| Part 2:Watch me jumping up and down,Inside my circle on the ground.Watch me jump and turn around,My tiny feet don’t make a sound.Watch me jumping in and out,See how many I can count.Watch me jumping around my shape,Hurry, hurry, don’t be late!Watch me jumping right across,What a great big jump that was! |
| Part 3:Curl up in your circle small,Then slowly stretch up thin and tall.Stretch even higher on your toes,Wiggle your fingers and your nose.Now slowly reach out to the sides,And make your body big and wide.Can you make a giant stride,And stretch your legs from side to side.Now slowly, softly , gently shrink,And down inside your circle sink. |

Adapted from South Lanarkshire’s Early Years Connections PE Resource Pack