



Leeds Well
School Partnership

Physical Activity • Physical
Education • Sport

MULTI SKILLS

KEY STAGE 1 (AGES 5-7) – 6 WEEK PROGRAMME

ACTIVITY CARD

WEEK
1

**RUNNING &
SPATIAL AWARENESS**



15
MINS



5-7
YEARS

ACTIVITY: CONE ADVENTURE



FOCUS: Safe movement, stopping and changing direction.

HOW TO PLAY



- 1 Set up a space with cones placed around the area.
- 2 Children move around the cones using different ways.
- 3 On the leader's call, children change direction or stop.
- 4 Encourage children to look where they are going.
- 5 Play for 1-2 minutes, then change the movement.

MOVEMENTS TO USE

- High knees
- Side steps
- Backwards walk
- Fast running
- Slow running



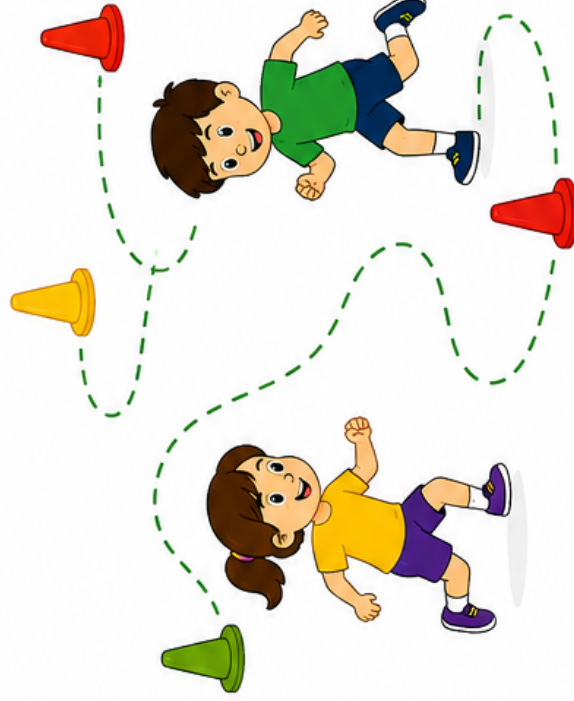
COACHING CUES

- ✓ Look where you are going
- ✓ Keep your head up
- ✓ Move your arms
- ✓ Change direction safely
- ✓ Use space – don't bump into others

TOP TIP



Encourage children to play fairly and be aware of others around them.



MAKE IT FUN!

Pretend you are moving through a magic forest or an obstacle adventure!



EASIER

- Fewer cones
- More space between cones
- Use walking or slower movements
- Give visual cues (point or show direction)



HARDER

- Add more cones
- Smaller space
- Increase speed
- Add a challenge: change direction quickly or dodge cones



BE ACTIVE, BE SAFE, HAVE FUN!



GOOD SPORTSMANSHIP • TRY YOUR BEST • ENCOURAGE OTHERS