



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

of Premier
Education

Flamingo Fetch

Sponsored by Premier Education

Overview: This challenging game can be tricky for younger children, but can provide a great - and often funny - challenge.

Time: 10 minutes.

Equipment required: Masking tape to lay out on the floor. Six small items.

Benefits:

- Provides a real challenge for all ages.
- Gives a huge boost to children's balancing skills.
- Builds strength in the legs, too.

Stage One:

1. Mark out two straight lines on the floor that are each two or three metres long.
2. Place three objects along the line that are easily carried. For example, a bean bag, a tennis ball and a frisbee.
3. The children simply have to walk along the line and pick each item up, carrying all the items to the other side.
4. But there's a catch! They have to have one foot tucked up like a flamingo and hop with the other leg!

Stage Two:

1. For an extra challenge, split into two teams and compete in a relay race.
2. The children hop on one leg, picking up the items on the way to the other side, but then they turn around and, using the other leg, place the items back where they were.
3. The next player in the team then repeats the process.
4. Once each player completes the route, they sit on the floor - the first team all sitting wins!