



These games support your child in progressing from confident walking to running with purpose. They will help your child to develop core strength and muscle and hone spatial awareness.

# FROZEN BODY

## PURPOSE OF GAME:

Balance, cognitive challenge, muscle development, core strength

## HOW TO PLAY:

1. One 'leader' calls out a body part and the children have to scoot without moving that part.  
i.e they shout right knee and they aren't allowed to bend the right knee, left elbow and they have to keep their left arm straight for 5 seconds.
2. Body part choices: knees, hips, back, elbow, head and shoulders.



## PRODUCTS MOST SUITED TO THIS STAGE:



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