

Run as fast as you can (C2)



<u>Target group</u>	4-5 years
<u>Material</u>	- 2 trees
<u>Procedure</u>	<ul style="list-style-type: none"> - Begin from one tree and run as fast as possible to another tree. - The first child to touch the tree is the winner.
<u>Variations</u>	<ul style="list-style-type: none"> - Running again holding someone by the hand. - In groups of 3 - All the group - Put different obstacles on the way to make it a bit more difficult. - Children put different obstacles.
<u>Aims</u>	<ul style="list-style-type: none"> - Discover one's physical capacities. - Dare make new experiences in the nature. - Dare use one's body in the nature. - Learn to collaborate in a common project. - Discover reliefs, obstacles while walking, running, being blindfolded. - Discover one's body in relation with the environment on different types of ground. - Motricity.

	- Experiment well-being in the nature, as well as physical effort
<u>Comments</u>	

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