**Explorers**



**Who**: Reception – Year 3

**Players**: 2+

**Time**: 10+ minutes

**Equipment**: Cones

**How to play**

* Players spread out 2 metres away from each other. The leader will place a cone in front of each player.
* Players will do a lot of moving but will not move from their cone.
* Players are going to explore a special place! (Leaders choose a forest, desert, or another place to explore).
* Players listen for directions as they go on this adventure!
* Coaches create a story with animals, objects, and movements that are in specific environments. For example, "Use your arms to swim in the river to see the fishes,” or, “I see a frog in the forest. Can you hop like a frog?”

**Check for understanding**

Players, point to your cone.

Can players move from their cone?

**Top tip**

Pick animals and objects that are in specific environments. For example, "Use your arms to swim in the river to see the fishes,” or, “I see a frog in the forest. Can you hop like a frog?”

**Conflict resolution**

Allow players to help you lead the game.

**Change it**

**Easy**: Pick animals where players use their arms only.

**Medium**: Pick animals where players use their legs only.

**Hard**: Pick animals where players have to use their arms and legs.

