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July Activity Sheet

Jungle Jim or Mini Olympics

Make a mini assault course indoors or outside.

You will need:

- A range of items such as a cushion, a picnic blanket or throw, a kitchen chair, a child's step stool, a cardboard box, a hoola-hoop, a mat, and a play tunnel, if you have one
- A kitchen timer, or mobile phone with stop watch or similar.
- For the four to five year olds you will also need three or four tennis sized balls and a child's bucket.
- If you're able to do this outside, you can include a sandpit or even a paddling pool for extra fun.

Set out the "equipment" in a circuit with the mat marking the start point and for the four/five year olds, the bucket is the finish. Choose a time when your child is "full of beans"!

2-3 Years: Say you're going to do a Jungle Jim together and put out about 5 items. Set the kitchen timer for 5 minutes and say Ready Steady Go! Go round all the items on the circuit, holding your child's hand as needed, giving him or her little instructions to do different actions with each item. Use words such as under, over, round, on top of, in, through, up, down. For example, "crawl under the blanket", "stand on the stool, now jump down". Show him/her if needed. It's a little race against time, so you can say "quickly! We must beat the timer!".



Over 4 years: Make it a bit more complicated, with a few more items. The aim is to Beat the Clock, so set the kitchen timer for 10 minutes, and on the cue "Ready Steady Go!" they must pick up a ball and follow your instructions of 2 to 3 actions at a time, repeat if he doesn't get it right, and finally when he's completed the circuit, throw the ball into the bucket. Keep going

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on the circuits until the bell rings, and hopefully by then all the balls are in the bucket! Great game to play if you have children round to tea, then they can take turns giving each other simple instructions.

How does this game help language to develop?

- ✓ By developing attention control and listening skills
- ✓ By developing understanding
- ✓ By introducing new instruction words
- ✓ Some children learn better when they are actively involved, especially boys!