

Delivery notes

Game: The Mars maze

15 minutes

Learning outcome(s):

Pupils will be able to:

- travel in different ways with control of the body
- travel at different speeds, in different directions and on different levels
- negotiate space to avoid others.



Resources required:

- Cones
- Bibs with four different colours

Downloads:

- **Star Marks cards: Tiptoe, side step, giant steps, front support**

Delivery notes:

1. Create a 4 X 4 grid with the cones (four columns and four rows).
2. Pupils put on bibs, e.g. red, green, yellow and blue, and are spread randomly around the edge of the channels on all four sides of the grid.
3. Call out a colour and a way of travelling (either tiptoe, giant steps, side step or front support – see **Star Marks cards**). Pupils with that colour bib travel down their channel to the other end. If they meet another player, they shake hands and continue down their channel.
4. Repeat with another colour and/or way of travelling, and continue until every colour has travelled once.
5. Next, call out two colours: they travel at the same time, and this time when they meet another player they have to travel over or under them.
6. Progress to three colours travelling at the same time, then all four.

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Game: The Mars maze**Adding a challenge:**

Pupils choose for themselves how to travel. This must be a controlled movement.

Differentiation: STEP Framework**Space**

- Make the channels wider if pupils find negotiating the space and other pupils distracts from mastering the quality of movement.

Task

- Introduce movement at different speeds including slow motion to enable pupils to check their posture and body control.

Equipment

- Introduce one hoop per channel, when a pupil reaches the hoop they could travel around it (the crater) or through it (worm-hole), followed by travelling off in a different direction to finish at the end of a different channel.

People

- Pupils travel in pairs, side by side or behind one another.

Higher order questions:

- What do you need to think about when you travel down your channel? (*How to travel and to watch out for other people from different directions.*)
- How did you feel when people were travelling in all different directions? And what can you do to make sure you don't bump into them? (*Keep your head up and be aware of people travelling from different directions.*)