



EYFS Physical Development & Physical Education

“Red, Amber, Green – Roundabout!”

Developing gross motor and fundamental movement skills through physical activity, suitable for PE and play

READY EYFS LINKS & SESSION OUTCOMES

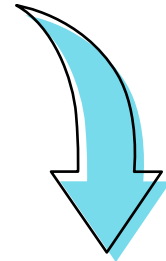
Physical Development & Physical Education

Moving and handling: children show good control and co-ordination in large and small movements.

Children move confidently in a range of ways, safely negotiating space.

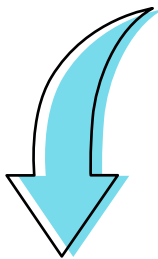
This learning resource supports pupils to:

- Travel at different speeds and develop spatial awareness
- Develop creativity through cycling themed role play
- Follow instructions



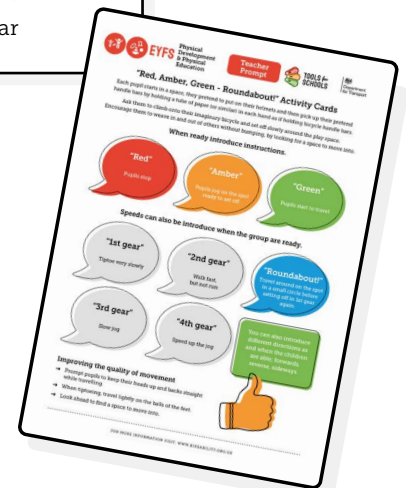
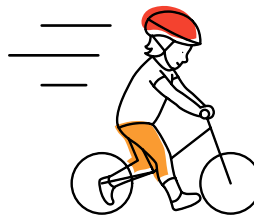
SET WHAT YOU WILL NEED

- “Red, Amber, Green - Roundabout!” Teacher Guide
- Space for group to travel around safely
- Short tubes of paper to use as imaginary handle bars (2 per pupil) (Rolled up paper works well)
- Suitable footwear



PEDAL WHAT TO DO

- Use the “Red, Amber, Green - Roundabout!” Teacher Guide to support learning & progression



TO MAKE THIS LEARNING ACTIVE



“Red, Amber, Green – Roundabout!” promotes physically active learning throughout.

DID YOU KNOW?



Cycling rucksacks have been from old lorry tarpaulin, edged with old seat belt material and fire hose rubber to help recycle old things. Wow!



EYFS

Physical
Development
& Physical
Education

**Teacher
Prompt**



**TOOLS for
SCHOOLS**



Department
for Transport

"Red, Amber, Green - Roundabout!" Activity Cards

Each pupil starts in a space, they pretend to put on their helmets and then pick up their pretend handle bars by holding a tube of paper (or similar) in each hand as if holding bicycle handle bars.

Ask them to climb onto their imaginary bicycle and set off slowly around the play space.

Encourage them to weave in and out of others without bumping, by looking for a space to move into.

When ready introduce instructions.

"Red"

Pupils stop

"Amber"

Pupils jog on the spot
ready to set off

"Green"

Pupils start to travel

Speeds can also be introduced when the group are ready.

"1st gear"

Tiptoe very slowly

"2nd gear"

Walk fast,
but not run

"Roundabout!"

Travel around on the spot
in a small circle before
setting off in 1st gear
again.

"3rd gear"

Slow jog

"4th gear"

Speed up the jog

You can also introduce
different directions as
and when the children
are able; forwards,
reverse, sideways.

Improving the quality of movement

- Prompt pupils to keep their heads up and backs straight while travelling.
- When tiptoeing, travel lightly on the balls of the feet.
- Look ahead to find a space to move into.

