

Activity Sheet

Title: The village chief

Category: Psychomotricity

ORGANISATION OF THE EXERCISE

Duration: 25 minutes

Arrangement: sitting in a semi-circle on mats

Age: 3 to 6 years old

Materials: mats

Objective(s): This activity strengthens the legs and keep your back in shape.

CONDUCT OF THE EXERCISE

Motivation(s) for the exercise : “Yesterday, as I was walking past the pitch, I saw an uncle doing some moves. I thought the moves were great fun and decided to teach them to you. So behave yourselves.”

Exercise : The teacher invites the children to sit on the mats with their backs straight and their legs stretched out. Bend their knees to the side and place the soles of their feet together. Hold your toes with your hands and bring your feet as close to your body as possible. Spread your thighs and try to press your knees against the floor. Stay like this for a few seconds, with your back straight. Extend your legs and relax them. Repeat 2 or 3 times.

Control of acquisition: /