

# Here, There, Everywhere

<b>Age:</b>	3 - 7 Year olds
<b>Participants:</b>	2 +
<b>Time:</b>	5 Minutes
<b>Equipment:</b>	Cones (optional)

## Skill(s):



Running



Hopping



Jumping



Skipping



Balancing

## Set Up:

- Mark out a large area using cones (optional)
- Children being by spreading out in space



## Description:

Coach assigns names to specific areas, for example:

- 'Here' – children run after coach
- 'There' – children run towards a nominated boundary (eg tree)
- 'Everywhere' – children complete an activity around whole space (eg animal walks)

## Variations:

- Change the nominated movement – all players now have to skip to nominated areas or have different movement for each command e.g. Here – jump, There – run backwards, Everywhere – hop
- Add in a tagging element on 'There' have to reach target before getting tagged

## Teaching Points:

- Ensure players have eyes up and head still to avoid other players
- Arms bent at elbows and move in opposition

