

The Village Chief

Category: Psychomotricity

ORGANISATION OF THE EXERCISE

Duration: 25 minutes

Arrangement: Children seated in a semi-circle on mats

Age: 3 to 6 years old

Materials: Mats

Objective(s): To strengthen the legs and promote good posture

CONDUCT OF THE EXERCISE

Motivation for the Exercise:

"Yesterday, while I was walking past the pitch, I saw an uncle doing some movements. They looked like so much fun that I decided to teach them to you today. So, let's behave and follow along!"

Exercise:

The teacher invites the children to sit on the mats with their backs straight and legs stretched out.

Then, bend the knees outward and bring the soles of the feet together.

Hold the toes with both hands and gently pull the feet as close to the body as possible.

Spread the thighs and try to press the knees toward the floor.

Maintain this position for a few seconds while keeping the back straight.

Next, extend the legs and relax them.

Repeat the sequence 2 or 3 times.

Assessment of Learning: N/A