Exercise 1 – Movement to music - ambulant children

1. Draw / print pictures of:

yellow bus turn/spin

red truck jump

blue train march

pink bike jog

green boat swimming/splashing arms

white plane flying arms

orange car run around fast

purple shoes stomp

2. Ask child to colour the drawn pictures or cut out the objects (if appropriate)

3. Place the pictures around the room on floor

4. Play the song and move around transport objects mentioned in the song

 <https://www.youtube.com/watch?v=cSw50Jw0H34>

5. Move around each picture in a different way (suggested above)

 Exercise 2 – orienteering

1. Put pictures on the walls around the room

2. Sit down with crossed legs

3. Shout chosen vehicle and run to its picture as fast as you can

 Exercise 3 – sorting

1. Put pictures on the floor

2. Ask child to collect any red, yellow, purple, green, white, orange, blue object

3. Child to match an object to the corresponding coloured vehicle from the picture