



ANCHORS



✓ FACE-TO-FACE
✓ VIRTUAL



GET ACTIVE



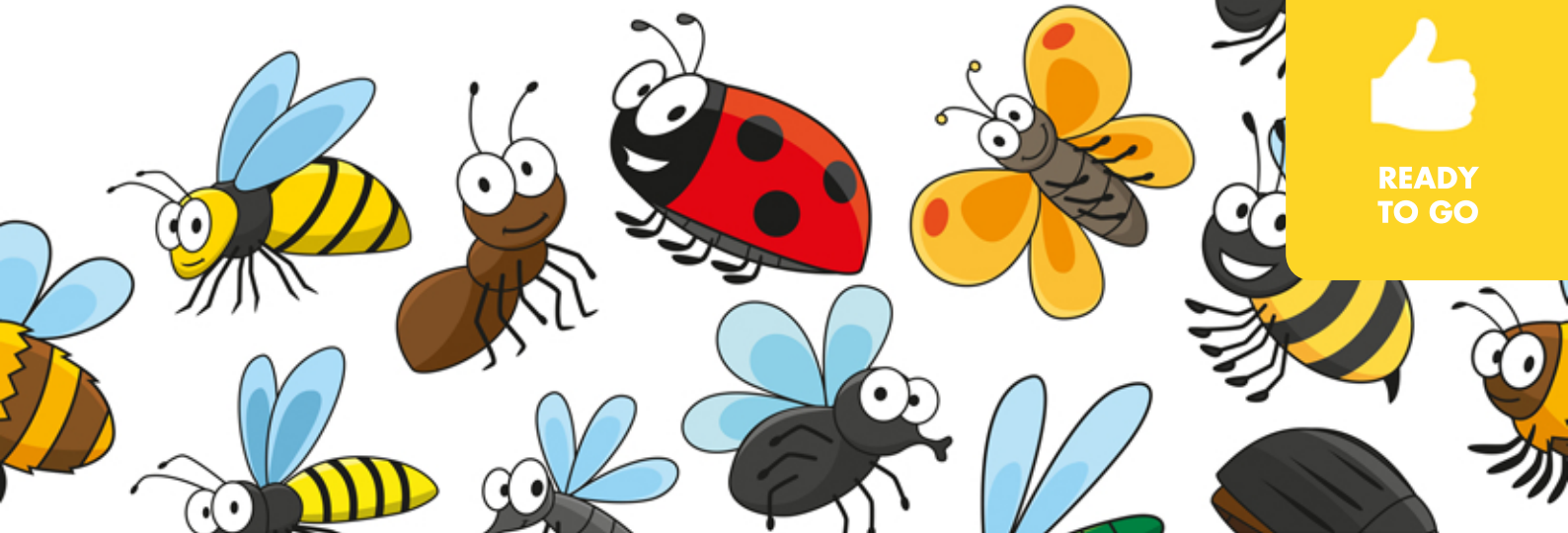
15 MINUTES



READY
TO GO

MOVE LIKE A BUG

PART OF THE BUGS & INSECTS THEMED PROGRAMME



GETTING INTO THE ACTIVITY

Get ready to crawl like a caterpillar, wiggle like a worm and march like an ant.

Play one or more of the games below, helping children to think about how bugs and insects move around. You'll need a copy of the 'Move Like a Bug' action cards. These cards have two blanks, for children to add two new bug movements to the games.

Bug Charades: Place all the cards upside down, without the children seeing them. Individually children should pick a card and carry out the action for the rest of the group to guess which bug/insect they are. Who can do the best impressions?

Action Game: Children should move around the room. A leader should randomly call out one of the action cards and show the group. Everyone in the room must now move around like the bug/insect on the card. Continue changing the card, forcing children to switch between the different movements. You could award points for the best actions each time or alternatively play this competitively with children sitting out if they are the last to change. Last person standing is the winner.

Bug Families: Have two (or more) of each card. Secretly give each child one of the cards. On go, everyone walks around the room doing their action. The aim of the game is to try and find the person/people who are doing the same actions as you and are therefore the same bug/insect. Which bug can find their family member(s) the quickest?



WHAT YOU'LL NEED

- Move Like a Bug Cards



KEEPING EVERYONE SAFE

Maintain social distancing where required.
When using shared equipment, hands should be washed both before and after the activity.

FLUTTER

LIKE A

BUTTERFLY



BUZZZZZZZZ

LIKE A

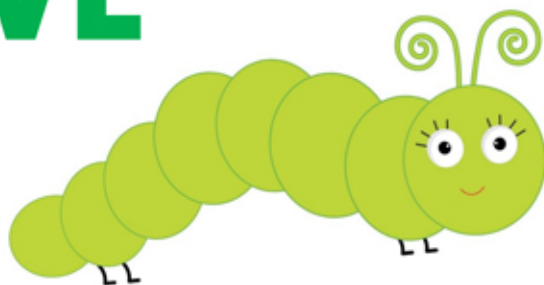
BEE



CRAWL

LIKE A

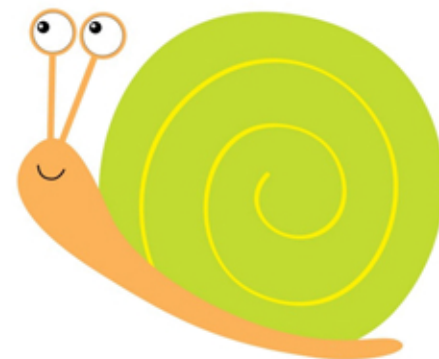
CATERPILLAR



SLIDE

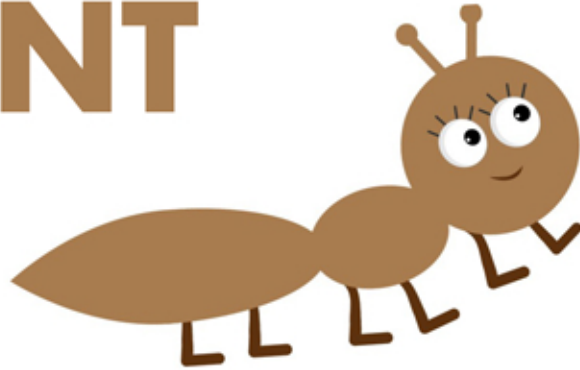
LIKE A

SNAIL



MARCH LIKE

AN **ANT**



WIGGLE LIKE

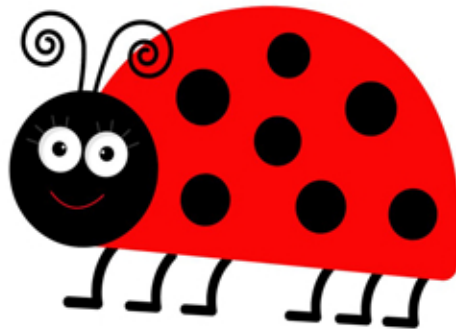
A **WORM**



GLIDE

LIKE A

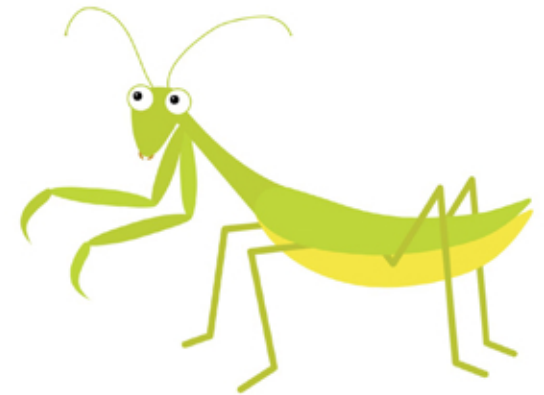
LADYBIRD



HOP

LIKE A

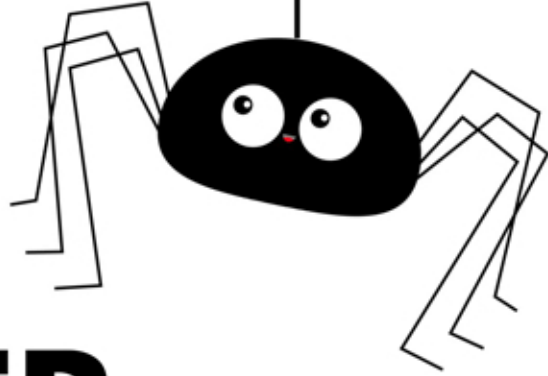
GRASSHOPPER



SPIN

LIKE A

SPIDER



FLY

LIKE A

DRAGONFLY



LIKE A

LIKE A