

# The PE Shed



**Warm Up Game:** Traffic Lights

**Recommended Age Range:** Early Years - Grade 2

**Focus:** Movement, coordination and spatial awareness

Equipment	Setting Up	Description	Further opportunities
- Cones (Red, Orange and Green)	<p>This can be played in any indoor or outdoor area.</p> <p>Set a limit on the size of the area. If you are playing outside, create an area using cones/spots.</p> <p>Teacher or injured/sick student to hold a red, orange and green cone.</p>	<p>Students are told that the playing area has now changed into the city/town. They are allowed to drive their cars around in any directions, but they must look out for the traffic lights!</p> <p>Red = Stop/freeze Orange = Hopping/Jumping/Get ready Green = Go/move</p> <p>As soon as they see a traffic light being held up by the teacher they must follow that action.</p> <p>See variations for progressions.</p>	<p><b>Differentiation</b></p> <p>Easier:</p> <ul style="list-style-type: none"> <li>- Increase playing area</li> <li>- Shout traffic light colour and show cone</li> </ul> <p>Harder:</p> <ul style="list-style-type: none"> <li>- Reduce playing area</li> <li>- Add variations</li> </ul> <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>- Change the instructions (For example Orange = Star Jumps and Green = Jumping moves)</li> <li>- Add further instructions: Handbrake = Sit down, pointy toes &amp; feet Reverse = Move backwards Bridge = Crawl</li> <li>- Add Police to catch cars.</li> </ul>

## Traffic Lights

