



Chwarae Dysgu  
a Thyfu'n Iach  
Play Learn and  
Grow Healthy  
www.plgh.org

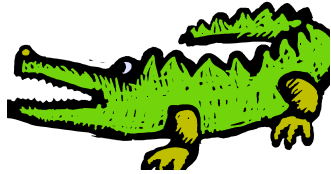
# Running in the Jungle

## What you need to do

1. Show the children the movements they need to do.
  - a. **Jump over snapping crocodiles.** (Children can jump high or long).
  - b. **Duck under snakes hanging from the trees.** (Children can crouch down and move slowly).
  - c. **Run from the tigers.** (Children can run around the space carefully).
  - d. **Knees high through the mud.** (Children move around the space bringing knees up high)
2. Choose 1 child to call out the movements.
3. All other children to be running in a circle clockwise waiting for the movements to be called out.
4. When movement is called, all children stop and do that movement until told to 'go' again. Continue with other movements.
5. After a few minutes, swap the child calling the movements.

## What you need

- Space to play

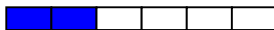


## Safety

Make sure all children look where they are going when moving.



Activity Time- 20 minutes



Can you think of any other movements? Let us know your ideas at [info@plgh.org](mailto:info@plgh.org)



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Swyddfa Gofrestredig: Clybiau Plant Cymru Kids' Clubs, Tŷ'r Bont, Ffordd Yr Orsaf, Llanisien, Caerdydd, CF14 5UW  
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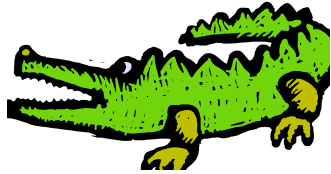
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# Rhedeg yn y Tyngl

## Beth sydd angen i chi ei wneud

### Beth fydd arnoch eu hangen

- Lle i chwarae

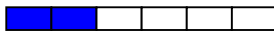


### Diogelwch

Gwnewch yn siŵr fod pob un or plant yn gwylio lle mae'n nhw'n mynd wrth symud.



Hyd y Gweithgaredd – 20 munud



Fedrwch chi feddwl am unrhyw symudiadau eraill? Rhowch wybod inni ar [info@plgh.org](mailto:info@plgh.org)



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