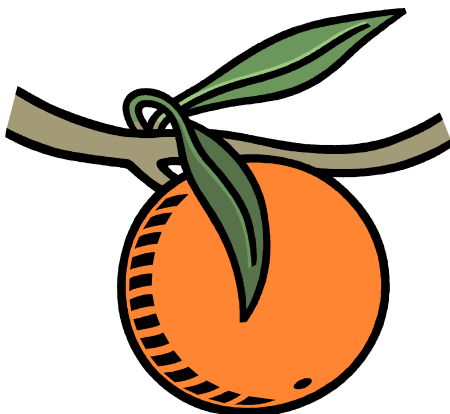
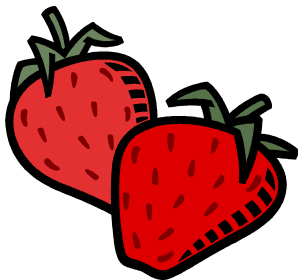
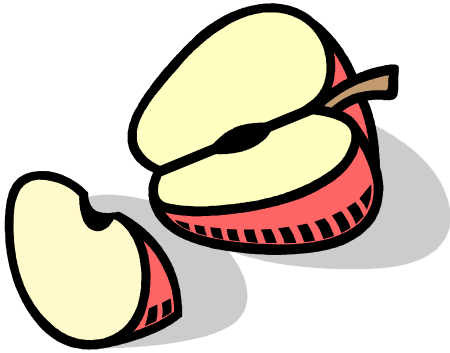


Fruit Salad



This is a fairly vigorous game, particularly good when it's either too hot or too wet to be outside, and the children are clearly needing to burn off some nervous energy.

Equipment:

- Plenty of space
- At least 12 children

Method:

1. All the children sit in a circle, making sure that there is plenty of room around the outside.
2. Think of four fruits, eg apple, strawberry, banana, orange
3. Go around the group and assign a fruit name to each child ("Apple, strawberry, banana, orange, apple, strawberry, banana, orange, etc"). Try to end up with an equal number of each fruit.
4. The leader then calls out a fruit. The children with that fruit name stand up and run clockwise around the circle as fast as they can until they get back to their place.
5. The last one back each time is out and has to remain seated the next time that their fruit name is called.
6. As the game progresses, more and more children are out and the numbers of each fruit dwindle. You can start calling out a couple of fruit at a time, or even "fruit salad" if you want all the remaining fruits to run round at the same time.
7. The winner is the last remaining fruit.
8. For more variation, you can change the direction the children have to run by calling "mix it up" as the children get to their feet.

I should warn you, this one can get a bit rowdy, with those seated shouting encouragement to their 'fruity friends'.

Areas of learning and development:

PSED (Personal Social and Emotional Development)
CCL (Communication, Language and Literacy)
PD (Physical Development)