

Stepper

The Stepper develops speed, agility and coordination and provides extra excitement to running activities. The wedges introduce the 'fast feet' action that is present in so many sports and games.

'Can you clear each wedge quickly and cleanly with both feet?'

4



WARM UP IDEA: HOP AND SKIP

- Agility Mats laid out randomly around the room
- Children asked to walk around the room avoiding the Agility Mats
- Teacher calls out a variety of instructions: 'Tiny Feet' – move forward slowly, 'High Feet' - bring knees to chest, 'Fast Feet' – move feet quickly, 'Big Feet' – large strides'

BUILD IT UP Children asked to find a partner and then find an Agility Mat and wedge....

Active child stood on the mat, partner stood next to the mat. Complete stages 1–4 then swap over.

1

Jogging on the Agility Mats

2

Jogging on the mat with high knees, holding hands at tummy level and trying to touch them with knees

3

Starting off the mat, complete two fast feet, two fast feet on the mat, then two fast feet on the far side of the mat

4

Jogging with fast feet to a Mat of the same colour and back without bumping into anyone

Diagram 3 (???)

Stepper

» TAKE IT FURTHER

- Introduce 6 lengths to the course
- Create different ways to negotiate the course, hop scotch, two footed bounces, side bouncing etc.

» TEAM RELAY

- Children split up into teams, lining up behind a cone
- For each team - an 8 metre course is created with cones with Stepper mat placed in the middle
- Member 1 must negotiate the stepper, turn at the far set of cones before going through the stepper again and tagging member 2
- The first team sat down in a line are the winners

» THE INFANT ATHLETE - STEPPER ACTIVITY

- The Stepper starts between two cones facing two more cones placed at a distance of 8 metres
- Between these two sets of cones a Stepper mat made up from 4 Agility Mats and 4 wedges is placed
- The Stepper must start on the blow of the Squwhistle and negotiate the course four times, placing both feet one after another on each mat
- The child's score is the total time (in whole seconds) taken to complete the course

You will need:

- 4 Agility Mats
- Squeezy whistle
- 4 Wedges
- Stopwatch
- 3 Connectors
- 4 Cones

» RECOMMENDED STEPPER LEVELS

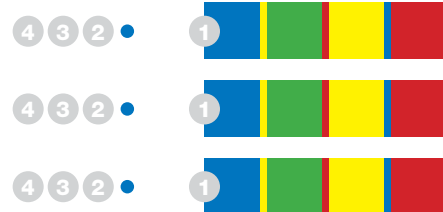
A child becomes an Infant Athlete – Stepper when they can complete the course within the following times:

Reception	25 seconds
Year 1	20 seconds
Year 2	15 seconds



Body Aware

- Change your tempo to suit your approach
- Use your arms – fast arms lead to fast feet
- Footwork needs to be light and quick



Amend to diagram unclear...