

## TRAVELLING TASKS

1. Run about the space and stop on command.
2. Run on the spot, on signal change to using space. Repeat several times.
3. Run using large steps, on signal change to using small steps.
4. Run sideways. Run backwards.
5. Run changing direction on signal.
6. Find different ways of travelling round the room on feet only, e.g. hopping, skipping, galloping, jumping.
7. Start travelling on feet one way and on signal change to another.
8. Jump and land on the spot, concentrating on resilient landings.
9. Jump backwards forwards and sideways with resilient landings.
10. Jump as high as possible on the spot.
11. Jump taking off from one foot and landing on two.
12. Move about the space using hands and feet.
13. Move on hands and feet concentrating on having different parts of the body facing upwards e.g. back, sides, hips.
14. Travel on hands and feet moving forwards, backwards and sideways.
15. Travel on hands and feet with changes in speed.
16. Travel on hands and feet moving from two hands to two feet.
17. Travel on hands and feet getting hips high.
18. Travel on hands and feet by placing hands on the floor on either side of the body.

19. Travel on hands and feet by changing the position of the feet e.g. close to hands, to the side of the hands, far away from the hands.
20. Link together three different ways of travelling on feet.
21. As above, but make a change of direction when changing ways of travelling.
22. Roll across the mat in different ways, sideways, stretched out, tucked up.
23. Roll and finish in a different position, e.g. on two feet, one foot, knees, hips, shoulders.
24. Roll starting from different positions.
25. Roll starting in one position and finish in another.
26. Begin on shoulders, roll down back and finish on feet, roll back onto shoulders.
27. Perform the same action, first very slowly and then quickly.
28. Perform three different rolls, moving from slow to quick to slow.
29. Link a jump, a roll and an action on hands and feet.
30. Choose three different types of travelling actions and make up a sequence using each action.
31. Take a full turn jump, land and roll forwards.
32. Take a half turn jump, land and roll backwards.
33. Take a quarter turn jump, land and roll sideways.
34. Take a half turn jump, land and roll backwards, half turn jump land and roll forwards.