

**Table 7: Activities appropriate to specific age groups**

Children aged under 4.	Children aged between 4 and 5
<p>Tag game – children run or crawl from one end of the room to the other - if they are tapped on the shoulder by the leader, they have to make a beeping sound.</p>	<p>Tag game – children run around, one of them is the tagger, when a child is tapped on the shoulder, they must stand with their legs apart and another child can 'free' them by crawling between their legs.</p>
<p>Relay – (in teams) one child at a time will crawl/ commando crawl run and collect a beanbag and bring it back home and then the next child goes.</p>	<p>Relay – (in teams) one child will hop to collect a beanbag and bring it back home, perform a throw and catch and then the next child goes.</p>