

SESSION 1

1 PLAYER OR MORE

INDOOR & OUTDOOR

BODY MOVEMENTS

Elasticycle

Elastigirl moves around the city of New Urbem on her Elasticycle



HOW TO PLAY

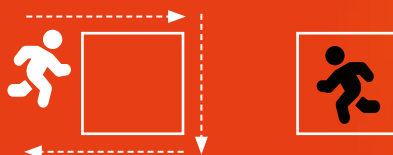
- 1** Using eight socks, make two squares on the floor.
Make sure there is a gap between each shape.
Children should move around the inside and outside of their building on their Elasticycle.



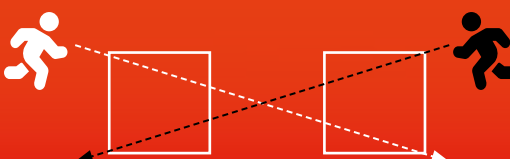
- 2 BIKE JUMP:** Children move to the outside of their building. They should accelerate and jump into the next building as the person in that shape jumps into theirs.



- 3 WHEELIE:** Children to complete a wheelie action, by moving on one leg around the outside of their building.



- 4 OVERTAKE:** Children move to the corner of their building. The child in the box next to them stands in the opposite corner, the children complete a countdown. On 'Go' they race each other in a straight line to the corner of their partners box. The first person to the corner wins.



Mix up all the different moves and even add your own!

Disney