

# 1, 2, 3 Go!

Playing with rhythm and movement encourages children to explore what their bodies are capable of. Add a chant and literacy learning comes to into play as children feel the rhythm of language and syllables as they move.

## How to Do It

1. Set out or draw steppingstones across an open space – your imaginary river.

2. Step across the steppingstones, back and forth across the imaginary river.

3. Take one step with each word of the steppingstones chant;

***Steppingstones, steppingstones 1 2 3***

***Steppingstones, steppingstones come with me***

***The river's very deep***

***and the river's very wide***

***so we're stepping on the steppingstone to the other side***

4. Once you have the hang of moving with the rhythm of the chant, increase the challenge by spreading out the steppingstones for long strides, or bring the steppingstones closer together and keep your balance while tiptoeing across.

## What Learning is Occurring?

- **Physical development** – core strength, balance and coordination.
- **Language skills** – discovering syllable patterns and rhyme



### Things you will need

- An open space, preferably outdoors
- Home-made stepping stones

### Steppingstone Possibilities

- Chalk markings on decking or pavement
- Cardboard cutouts
- Bricks or large blocks
- Fabric cutouts or face washers

