

Gymnastics



This game is to help your child learn action words and how each action word changes depending on when the action is completed i.e. past and present tense.

Tell your child that you are going to give him or her some instructions. Set up a very simple obstacle course around the room. Give your child instructions on how to go through the course using action words e.g. run to the table, sit on the chair, jump to the sofa, hop to the cushion etc. Try to say one instruction and then wait for your child to do that bit before saying the next thing to do. You may need to remind your child to listen carefully and do the action you say. If your child makes a mistake repeat the instruction. When your child has completed the course ask them to tell you what they did. Encourage them to use the right words for the actions. If your child uses the wrong word repeat what they have said using the right words,

e.g child: 'I **runned** to the table and **jump** on the sofa.'

adult: 'That's right, you **ran** to the table and then **jumped** on the sofa.'

Remember to let your child be the teacher sometimes and give you the instructions. You may need to remind your child to use the right action words.

Variations:

To make this game easier work on action words that have regular past tense endings e.g. **jumped**, **walked**, **hopped**, **climbed**

To make this game harder introduce action words that have different words for past tense, e.g. ate, slept, ran, swam, threw