

# Travel Around The World



**Lively Lesson**



**5-10 minutes**



## Instructions

Travel around the world to different places and have a map of your selected destination to show pupils on the board. As you travel through your destination, there will be actions to follow for places such as rivers (standing row), mountain (climb march on spot) and beaches (swim).

## Health & Safety

- Ensure floors are clear of trip hazards
- Remind pupils of their own spatial awareness
- Give clear instructions

## Teacher Tips

This activity is best suited to KS1 & KS2 but can be made suitable for Foundation. See activity sheet for examples.

Foundation: This activity could be carried out as a whole class and they create an active story led by the teacher.



Chest  
Heart &  
Stroke

# Travel Around The World

Travel around the world to different places and have a map of your selected destination to show pupils on the board. As you travel through your destination, there will be actions to follow for places such as rivers (standing row), mountain (climb march on spot) and beaches (swim). Try choosing a town your class are familiar with.



## Example Map Of Belfast





1. Take a trip to the titanic museum - march on the spot, pretend to be a look out on a ship with binoculars and row the boat
2. Travel down the road towards city hall - march on the spot and move side to side as you dodge out of the way of all the hustle and bustle of the busy streets
3. Paddle board down the Lagan - paddle side to side
4. You get to the grand opera house - prepare to be on stage, stretch up onto your tip toes and reach your arms as high as you can
5. You get to the Odyssey, time to go ice skating - hop on one foot side to side while skating and moving your arms to stay balanced
6. Take a bus tour around the city of Belfast - hop on the spot as you get on and off at different destinations

