

Hi Parents

We have some new activities to try at home, hopefully you are all staying active. You can also have a look at our board game that you can print and play with your children.

When we talk about signals it can be a clap or a whistle or a spoon bashing a pan – or even something imaginative and funny eg. animal noises pulling tongues etc.



1. Foot Artist: Children sit leaning back on hands for support. Lift 1 leg & draw circles in the air with pointy toes/heels/whole foot etc, repeat using other foot. Butterfly wings: stretch inner thighs – children sit feet together, knees apart, push down on knees.
2. Stick it: Children dribble their own ball around the area, on signal children sit on their balls & stick their bottoms to their balls. Leader to walk around & pretend to try & kick balls out from under the children’s bottoms.
3. Bumpity Ball: Children lie on tummies. Educator rolls tennis/soccer/ping pong balls towards children. Children bump incoming tennis balls away with their hands. Leader shouts “bump away” when he/she rolls the ball.
4. Magic Pillows: Leader places enough pillows/scatter cushions for children & themselves in the area. Children run around area, on signal, everyone to jump onto a pillow/cushion. Remove 1 pillow/cushion at a time so children & leader must share, eventually everyone squashed onto 1 pillow/cushion.
5. Jack in the Box: Children spread out in the area; pretend they are hiding in a box. Squat (crouch) down low then jump up reaching as high as possible, repeat. Children jump like jacks in their boxes from 1 point to the next, moving forwards/backwards.
6. Animal Walks: <u>Puppy Walk:</u> Walk on all 4’s, <u>Crab Walk:</u> On all 4’s, tummy & face upwards. <u>Bunny Hop:</u> On all 4’s, hands forward first, feet to follow, <u>Snake Slithers:</u> Lying flat on the ground, slither like a snake etc.
7. Pass the Parcel: Children in pairs or partnered with leader. Place ball or soft toy between tummies/palms of hands/back to back etc. Walk to a line/wall without letting the object fall to the ground. Progression – move faster/slower.
8. Circle Run: Mark out a big circle in the area with toys/pillows etc. Children run around the circle of “toys”. Leader calls out for children to run slower/faster/backwards/forwards/sideways/knees up high/tip toes etc.
9. Memory Mania: Place a selection of balls/ toys etc in an area on the ground. Children run /jump/hop around the area then close eyes. Leader removes 1/2/3 items. Ask children what is missing?
10. Sky High: Children stand close together and next to the leader with 1 balloon. Children to try and keep the balloon up in the sky. See how many times balloon can be hit up before it falls to the ground.

Keep active, stay healthy and let us know how you go with these.