

Hi Parents

We have some new activities to try at home, hopefully you are all staying safe and active.

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.



where kids have a ball

1. <u>Shapes</u> : Children walk with giant strides around the area, stretching their legs as wide as they can. On the signal children to make shapes with their bodies, leader calls out shapes e.g. circle, square, diamond, straight line etc.
2. <u>Bouncing Bubbles</u> : Children are fish in the sea – each has a big ball to bounce (bubbles of air to breathe). Leader is a shark trying to bump the fishes’ bubbles away. If bubbles get knocked away, children to collect their ball & join into the game again.
3. <u>Ball Attack</u> : Children spread out. Leader bounces balls towards children to hit away with their best hand (hands open wide). Children to wait for the ball to be close to their hand before swinging their arms to hit the ball away.
4. <u>Opposites</u> : Children spaced out in the area, leader in front. Children to do the opposite of what the leader demonstrates. If leader points up, children point down, if leader lunges to the left, children lunge to the right etc.
5. <u>Arm Propellers</u> : Children stand with arms out wide, circle forwards/backwards. <u>Balance</u> : Children stand on 1 leg, hold ankle of other foot, balance without falling over, alternate legs.
6. <u>Seals & Frogs</u> : Children spread out & jog on the spot, leader calls out “seals” or “frogs”. Seals – children lie on tummies, using arms only like a seal, children to drag body along the ground. Frogs - children bend down, hands between legs, children jump forwards.
7. <u>Sitting Ducks</u> : Everybody standing, on signal, all to sit down/stand up. Children to sit like ducks & stand like soldiers. Aim to be as fast as possible.
8. <u>Ready Steady Go</u> : Children stand around leader each holding 1 of leader’s fingers, with their backs to the wall/line. When leader calls out “bottle of poison” children turn & run to the line/wall etc. Leader to trick children by calling out other “tricky” words before calling “poison”.
9. <u>Teddy Bear Stretch Footy Ball Stretch</u> : Children hold a teddy bear in 2 hands & stretch arms & hands up high, stretch arms forward & sideways. Sit with legs in front, hold Teddy bear & touch toes with it. Place Teddy bear between feet and stretch up high – roll onto shoulders & stretch legs over & behind heads.
10. <u>Shoe Shine</u> : Children spread out each holding a pool noodle/ bat/ stick etc. (they have shiny shoes). Leader to roll any ball towards the children’s feet, attempting to dirty their shoes. Children keep their shoes shiny by hitting balls away before they touch their shoes.

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