

Hi Parents

We hope everyone is staying safe and “sane”. We thought we would touch base and send some fun activities you could do with your children to get them up and active. We have also attached a coloring sheet that you can print and get your children to color.

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.



**SPORTZ
BUZZ**

where kids have a ball

1. Superglue: Leader squeezes pretend glue onto each child’s hands – they spread it over their bodies. Children march around the area & on a signal they “stick” different body parts on the ground eg. feet & hands/1 hand 2 feet/bottoms/tummies etc.
2. Listening Game: 1 signal – stand on 1 foot, 2 signals – stand on 2 feet wide apart, 3 signals – sit down & make bodies as small as possible.
3. Lunging Lizards: Children stand hands on hips – open legs wide –first bend 1 leg & stretch the other - count 1 2 3 then alternate (bend & stretch the other), repeat 3 times while moving forwards then change direction.
4. Tap Tap: Place 1 item (pot/shoe/empty drink bottle) on opposite ends of your area. On signal children to run & tap the item with their hand, turn & run back to the first item – repeat. Make this game fun by timing the children and seeing how much they can improve.
5. Windmills: Stand up legs apart, arms open wide, touch left foot with right hand then alternate. Sit down, legs outstretched open wide touch left toes with right hand, alternate. Legs open wide, elbows down to touch ground in between legs.
6. Move on the spot: Children walk/run on the spot, on signal go faster/slower/ knees up /heels up/legs to the side etc. Children jump up & down, on signal sit down as fast as they can.
7. Tortoise stretches: Children lying on backs or sitting on their bottoms with legs & heads tucked in like a tortoise in its shell. Leader to tell tortoises what to stick out of its shell 1 arm, 2 arms, 1/2 legs, heads & then everything with only backs or bottoms on the ground.
8. Flying Birds: Children are flying birds, running & flapping their arms around the area, on signal children drop down & crouch & pretend to sit like a bird, repeat. Can do this with any animal – children can choose what animal they would like to be.
9. Cheeky Monkeys: Children are sad monkeys. To be happy & cheeky they need to escape the item being thrown ie(ball or soft toy) (be creative - thunder, lion, flying apple etc.). Children to run from 1 side of area to another, leader throws the item gently at the children as they are running past, if it touches children must go back & try again. If the item misses children they wait at the other side & are happy “cheeky monkeys”.
10. Honey Bee: Children walk around area each hugging a ball (“honey”) on their tummies. Leader is Queen/King Bee & tries to knock honey out of children’s hands, if “honey” gets knocked away children collect it & re-join the game.

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