

# Nursery & Reception ACTIVE AT HOME

We all know the benefits of being physically active .

When times are tough and it is difficult to get outdoors, it can be quite tricky to come up with ideas to keep the children occupied and active.

With modern technology, there are numerous websites available to support physical activity at home; not just for children, but for the whole family.

Most activities only take around 5-30 minutes to complete, so it can fit easily into the day.

Here are some ideas and resources we think you might find useful placed in a weekly activity timetable. You can adapt the timetable to suit your own needs!

If you have any further activities you recommend, please let us know and we can share them with everyone else.



Check out our social media channels and tag us in any of your activities

Facebook - @DurhamClsSSP  
<https://www.facebook.com/DurhamClsSSP/>

Twitter - @DurhamCLS\_SSP  
[https://twitter.com/DurhamCLS\\_SSP](https://twitter.com/DurhamCLS_SSP)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PHYSICAL ACTIVITY</b>	<p><b><u>Lets get moving</u></b></p> <p>Start the week by joining in with one of our dance routines.</p> <p>This week we are going to re-visit one of our favourites. Follow SSP Coach Gemma Smith's 'Wriggle' dance routine.  <a href="#">Please Click Here for Video</a></p>	<p><b><u>Hungry Hippos</u></b></p> <p>Recreating hungry hippos at home. Ball up as many pairs of coloured socks as possible and place them in the middle of the room. Each hippo is only allowed to get one particular coloured sock. When you shout go the hippos crawl into the pile of socks, find their coloured pair and take it back to their base. <b><u>See Slide 4</u></b></p>	<p><b><u>Holiday memories - Limbo</u></b></p> <p>We have heard that lots of children enjoyed our limbo game. Lets try it again and think about the Summer in the sun.</p> <p>See who can limbo under the lowest rope.  <b><u>See Slide 5</u></b></p> 	<p><b><u>Yoga time</u></b></p> <p>Attached are some of our favourite yoga poses. Can you hold them all very steady without wobbling? Put your favourite slow relaxing music on and see how long you can stay in the positions. This will help you relax. <b><u>See Slide 6</u></b></p> 	<p><b><u>Active time</u></b></p> <p>Have you seen al lof the amazing workouts for early years on youtube? This link takes you to one from Lazy town.  Its only 4 minutes long and it starts with an impressive show of tumbles ( for the children to watch, not to do themselves )</p> <p><a href="#">Please Click Here for Video</a></p>
<b>SCHOOL GAMES VALUES ACTIVITY</b>	<p><b>Determination</b></p> <p>Help out at home by having a race to see who can pair up as many socks as possible in 5 minutes. Can you roll them into a ball when you find a pair?</p>	<p><b>Self Belief</b></p> <p>Try something new today.... Something that you have not managed to do before. Tell yourself you can do it. Maybe ask a parent or guardian to set the challenge for you.</p>	<p><b>Honesty</b></p> <p>We had so much fun with the honesty / temptation challenge at the beginning of term. You can even try it with your pets, can they control their temptation and leave the sweets / treats alone?</p>	<p><b>Respect</b></p> <p>Think about the people working hard through the lockdown. Who do you respect and want to thank? Draw a picture of all the people you respect. Remember family members can be included.</p>	<p><b>Team Work</b></p> <p>Hold hands with all of your family. Sit down on the floor in a circle keeping tight hold of hands. Now who can get back up on to their feet. You will have to work as a team and not break the chain.</p>
<b>CHALLENGE ACTIVITY – Fitness challenge week</b>	<p><b><u>Skipping challenge</u></b></p> <p>Make a track or circuit in an outside space like your garden/or a local park.  Ask your parent/guardian to time you for 2 minutes.  How many times can you skip around the track in 2 minutes? Either with a rope or without is fine. <b><u>See Slide 3</u></b></p>  	<p><b><u>Jumping challenge</u></b></p> <p>Using the same track as yesterday how many times can you jump around the track? Think about the best way to jump. You could try hop scotch as well as this is a different way of jumping. You will need your two minute timer again.</p> 	<p><b><u>Bunny jumping challenge.</u></b></p> <p>Can you jump like a bunny around the track today? How many times can you get around the track in 2 minutes? Can you get around more times than your family members?</p> 	<p><b><u>Giant footsteps</u></b></p> <p>Today you are a giant. How many times can you go around your circuit taking giant footsteps. You need to think very carefully about your balance on this one. Don't fall over.</p> 	<p><b><u>Tiny Fairy steps</u></b></p> <p>For the final challenge you need to be on your tip-toes. Can you do tiny little steps all the way around the circuit. Pretend there's a big giant sleeping in the middle of the circuit. Don't wake him up.....</p>  

# Challenge week Circuits

This week our challenge section is all based around the same circuit of the house or the outside area. You will need to keep the same circuit all week so make sure you know where to go if it is a journey around the indoor area. Make sure there is nothing in the way that can hurt you.

If you are lucky enough to be able to set a circuit or track outside maybe mark it with cones or anything you have available. This will be your racing track all week.





### Physical activity Hippos



We have all seen the traditional hungry hippos game but how can we recreate this in our home?

Balls - use as many pairs of coloured socks as possible and place them in the middle of the room. Each hippo is only allowed to get one particular coloured sock. When you shout go the hippos commando crawl into the pile of socks, find their coloured pair and take it back to their base. They continue this until the finishing noise is sounded. The winner is the hippo with the most socks at the end of the allocated time.

If you have ball pit balls you could also use them.

## Physical activity card - Limbo



Tie bells to a skipping rope. Holding the rope high enough for the children to walk under to begin with take it in turns to travel under the rope without making the bells ring. After each child ( or parent ) has had a go begin to lower the rope. See who can travel under the rope without ringing the bell at all different heights.

Investigate all of the different ways you can travel under the rope.

