

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PHYSICAL ACTIVITY	<p><u>Lets get moving</u></p> <p>There are loads of fantastic workouts for early years children on you tube. Try this one from Joe Wicks called 5 minute move to get you woken up.</p> <p>Click this link for Video</p>	<p><u>Obstacle courses</u></p> <p>The weather might not be the best but you can still put your wellies and coats on and create an obstacle course outside. If you do not have an outdoor space how about creating one in your house?</p> <p>Look at our sheet for ideas. See slide 3</p>	<p><u>Treasure Hunt</u></p> <p>We all love the idea of a treasure hunt. Try this one out with your child, finding treasure all around the house.</p>  <p>See slide 4</p>	<p><u>Quiet time</u></p> <p>Use the balance dice to create a very calm and quiet movement sequence. You could even make up a story with all of these pictures in. See slide 5</p> 	<p><u>Active time</u></p> <p>Click here for Video Link</p> <p>Try this hello hello dance from Gemma. It reminds us of nice sunny days.</p> 
SCHOOL GAMES VALUES ACTIVITY	<p>Determination</p> <p>Ask your Mum or Dad how long they think it will take you to do a job around the house.... Such as tidy up all of the toys or tidy your bedroom. See if you can beat the time and do a really great job.</p>	<p>Self Belief</p> <p>Parents write down positive words on a dice or piece of paper. The child throws the dice or turns over a piece of paper and reads the word (with help). Then they try and think about why their parent has used that word to describe them.</p>	<p>Honesty</p> <p>Click this link for video</p> <p>This clip from Pinocchio is with Honest John. Watch the clip and talk about being honest. Do you think Honest John is really telling the truth?</p>	<p>Respect</p> <p>Create a respect jar. Every time you want to say thank you to someone that has helped you write it on a piece of paper and put it in the jar. If drawing a picture is easier you could do that.</p>	<p>Team Work</p> <p>Help your family make tea at the end of a very busy week. Could you set the table or get the plates out. Could you help make the food or get the pans out. Tea will taste wonderful if you have helped your parents make it.</p>
CHALLENGE ACTIVITY – At home competition week	<p><u>Throwing competition</u></p> <p>Take a small ball in your favourite (dominant) hand. Stand behind a line and throw the ball as far as you can. Ask someone to measure how far you get. You can have three attempts.</p> 	<p><u>Balance competition</u></p> <p>Stand on your favourite leg, making sure the other one is not touching the floor. How long can you balance without falling over? You could also try this one closing your eyes.</p> 	<p><u>Bouncing competition</u></p> <p>Have a large teddy or something you can jump over. Lie the teddy on the floor. How many times can you bounce or jump over the teddy in 20 seconds?</p> 	<p><u>Catching competition</u></p> <p>You need a medium sized ball for this one. Can you throw and catch? Can you throw clap catch How about two claps? Now try it with bouncing the ball.</p> 	<p><u>Final competition</u></p> <p>There are another 4 challenges on the competition page. Select one of them, or all of them if you are feeling fit.</p> <p>Which challenge was your favourite out of the week? See slide 6</p> 



EYFS fundamental movement activities



If you are lucky to have an outdoor space build an obstacle course with the children. Challenge them to races around the obstacle course. This can be a creative activity too as the children can design their own circuit and try to think of all the equipment and activities that can be used in the circuit.

Sheets can be used to make tunnels to crawl under or jump over.. Pool noodles, tyres and hula hoops can be used in imaginative ways.

If you do not have an outdoor space why not make your indoor space an exciting obstacle course? Use a ball of wool to create a challenging spiders web to crawl through, a blanket can make a dark tunnel, stuffed toys can be obstacles to circle around or jump over.

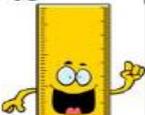
Use a stop watch and challenge your child to beat their time.

Have fun.

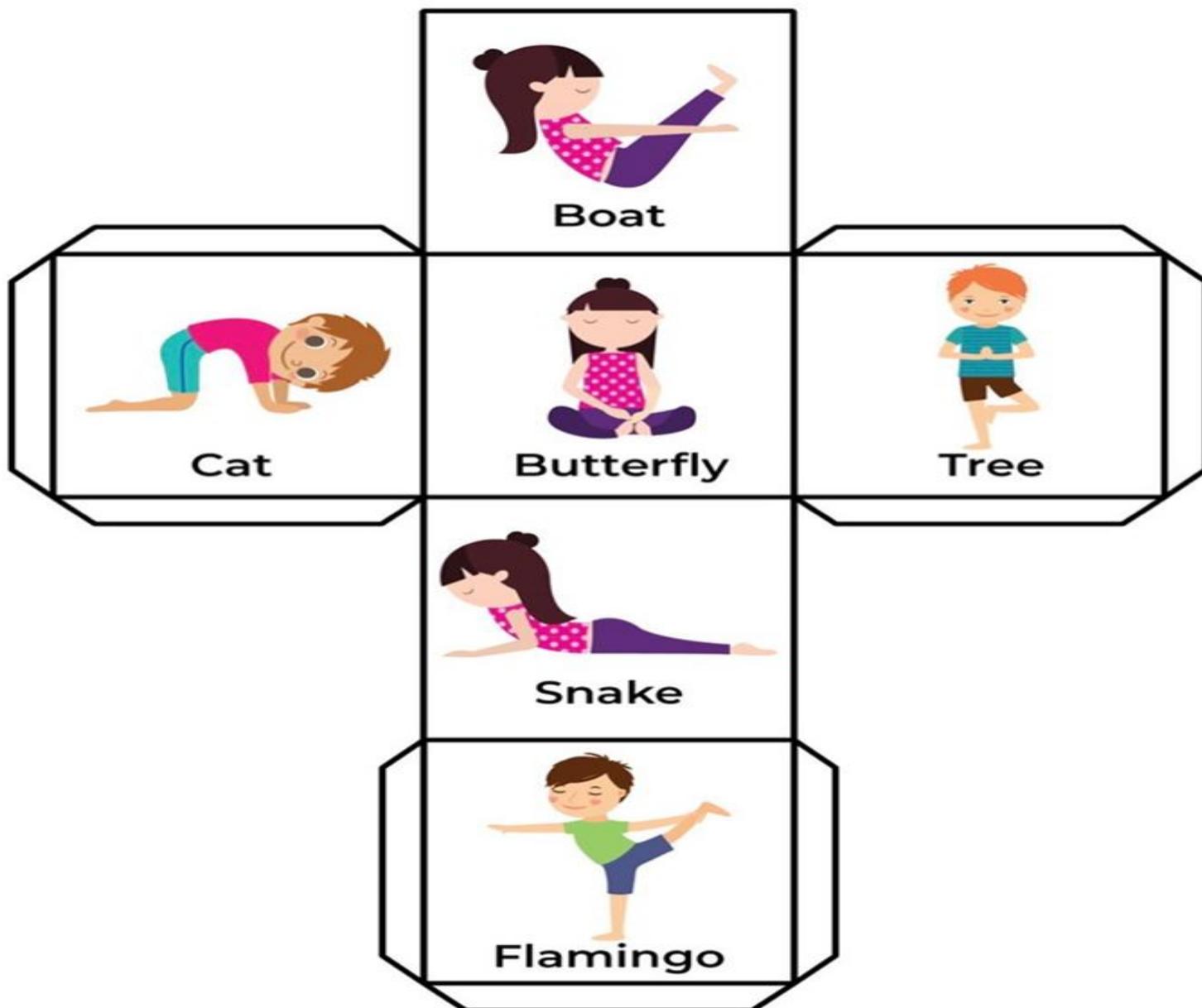
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Treasure Hunt

Find the treasures, then use them to inspire you to write a story or a poem!

Something to do with outer space 	Something you can eat 	Something you can read 	Something made of metal 	Something to do with monsters 	Something square shaped 
Something star shaped 	Something with a number on 	Something a superhero would wear 	Something with lots of numbers on 	Something to write with 	Something a snowman would wear 
Something that grows 	Something a cowboy would wear 	Something you can put on your head 	Something that could go in a sandwich 	Something a pirate would wear 	Something with a letter on it 
Something you use in the shower 	Something triangle shaped 	Something with a flag on it 	Something used to play sport 	Something hexagon shaped 	Something to do with dinosaurs 
Something a builder might use 	Something smooth 	Something you can open 	Something to measure things with 	Something rough 	Something you can see through 

KIDDO BALANCE DICE





At Home EYFS Competition Results

Name		Age		School			
Challenge		Results					Scores (add all attempt scores together)
1	Thrower (cm/m)	1 st attempt		2 nd attempt		3 rd attempt	
2	One Legged Balance (max 15 seconds)	<i>Left Leg</i>		<i>Right Leg</i>		<i>Left Leg</i>	
						<i>Right Leg</i>	
3	Bouncer (number of jumps in 20 seconds)						
4	Catcher (1 point per successful catch)	Throw and catch					
		Throw clap catch					
		Throw clap x 2 catch					
		Bounce catch					
		Bounce clap catch					
		Bounce clap x2 catch					
5	Jumper (cm/m)	1 st attempt		2 nd attempt		3 rd attempt	
6	Launcher (cm/m)	1 st attempt		2 nd attempt		3 rd attempt	
7	Pitcher (1 point per successful throw)	(Max of 6 points)					
8	Runner (number of laps: there and back is 1 lap)						
9	Create your own activity	Creativity points (Max of 3 points to be awarded by parent/guardian)		Determination points (Max of 3 points to be awarded by parent/guardian)			
Grand Total							