

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/>

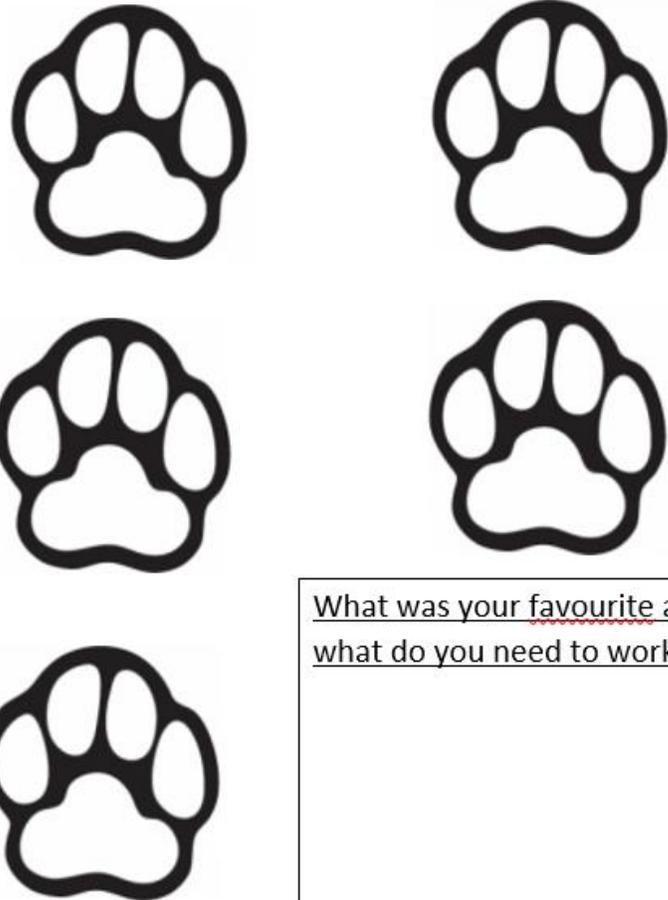
Twitter - @DurhamCLS_SSP
https://twitter.com/DurhamCLS_SSP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>PHYSICAL ACTIVITY</u>	<p><u>Lets get moving</u></p> <p>Gemma our dance coach has put some great dance routines on the website to get us woken up each week. Which one was your favourite? This was a really fun one from week 1</p> <p>Wriggle dance</p> <p>https://youtu.be/_1ppznR-seQ</p>	<p><u>Shape hunt.</u></p> <p>Have two sets of shape cards. One set is to hide and the other is for the clues. Hide or place on set of cards all over the house or garden. The game begins when the child is given one shape card, they must run and find the matching card and bring it back.</p> <p>This can be done as a treasure hunt game where they are hidden, or a sprinting game where they are in sight and the children need to get them as quickly as possible.</p>	<p><u>Hop scotch</u></p> <p>Play a traditional game of hop scotch. If you have chalk mark out a hopscotch course, if not you can use spots or coloured squares of material.</p> <p>This is a great game for balance and co-ordination. See the game card for more details.</p>	<p><u>Action songs</u></p> <p>Today's action song is all about calmness and being quiet. It goes really well with the yoga we have been doing. Follow the monkeys actions and think nice calm thoughts.</p> <p>https://youtu.be/cyvuaL_2avY</p>	<p><u>Active time</u></p> <p>Today we are going to think about area we live in. Can you go for a walk as a family? Are there any woods to go into and look for bears. Are there any parks where you can rescue the princes or princesses from the towers? Are there any bridges you can trip trap over to escape the trolls? Use stories on your walks to make it even more fun.</p>
<u>SCHOOL GAMES VALUES ACTIVITY</u>	<p>Determination</p> <p>How many Disney characters can you find in the picture? Be determined to remember as many names as possible. Think back to all of the Disney films and programmes you have watched.</p>	<p>Self Belief</p> <p>Draw a picture of yourself and ask your Mum Dad or Carer to write nice things around it that they think of when they see you. Eg Brave, clever, helpful.</p>	<p>Honesty</p> <p>Play a story telling game. Each person says a line from a story. Tell one made up story (fiction) and then tell a factual story. Eg One day I went to the shop and bought an elephant vs one day I went to the shop and bought some sweets.</p>	<p>Respect</p> <p>Count how many times someone says thank you to you today. Do you always remember to say thank you? This might help you remember.</p>	<p>Team Work</p> <p>Paint or draw a picture of the best family holiday you can remember. What made it so special?</p>
<u>CHALLENGE ACTIVITY – Pawsome Panda’s competition time. Join pawsome for this weeks</u>	<p>Try to beat Pawsome panda by playing Attack the ball.</p> <p>See the pawsome panda card. Remember rolled up socks can be used instead of small balls. Then you just need a large ball target.</p>	<p>Play the Pawsome Panda game Throw and Follow</p> <p>Play the throwing and kicking game with your family, just like Pawsome Panda.</p> <p>This is best with 3 or 4 people. If there’s only 2 of you just practice throwing and kicking to each other.</p>	<p>Get fit with Pawsome Panda by completing the fitness tag game.</p> <p>Not a lot of people will have tag belts at home, but you can use a scarf or t-shirt hanging out of the back of your shorts. It makes it just as much fun. When you get caught get</p>	<p>Pawsome Panda music</p> <p>Try this musical fun game with your family.</p> <p>Again a good game for rolled up socks instead of bean bags. The last person to collect a prize (socks or bean bags) has to complete an exercise. It’s a</p>	<p>Pawsome in the middle</p> <p>Everyone loves a game of piggy in the middle. Play this adaptation of the game Pawsome in the middle.</p> <p>A good game for a few people, but you can still play it with only 2.</p>

Pawsome competition week



Colour in a paw every time you complete a Pawsome Panda activity.

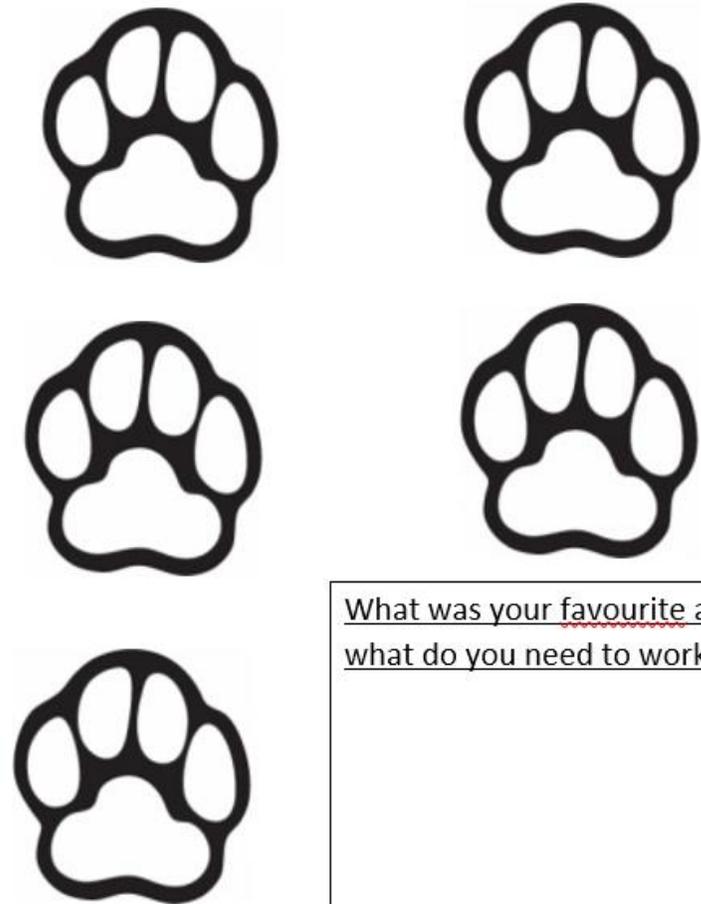


What was your favourite activity and what do you need to work on more?

Pawsome competition week



Colour in a paw every time you complete a Pawsome Panda activity.



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Pawsome's Attack the ball



- Divide the children into 2 teams
- Each team stands at opposite sides of the playing area with a selection of small balls
- Place a large ball in the middle of the playing area
- Throw the balls at the large ball to try and get it over the opponents line





Pawsome's Throw and follow



- Divide the children into 2 groups
- Each group stands in a line opposite each other
- The person at the front of one of the lines has a ball
- They throw the ball to the first person in the opposite team and then follow the ball and end up at the back of the opposite team line
- Ideas:- instead of throwing, kick or bounce a ball



Pawsome Panda Activity Card



Pawsome's Fitness Tag



- Each child has a tag belt on
- Play a game of tag in the playing area
- If a child is caught they get to choose a fitness circuit card and complete the exercise.





Pawsome's Musical Fun



- Spread one bean bag or cone per child around the area.
- When the music stops the children collect a bean bag or cone.
- Each time take one away.
- When a child fails to get a bean bag or cone they have to do an exercise by rolling the dice.





Pawsome In the Middle



- One child is in the middle of the playing area
- They have control of the ball
- All of the other children run around the outside of the playing area in a large circle
- The person in the middle throws the ball to one of the outside circle, if they catch it they can swap places.

