

EYFS

Activity 9

Magic carpet



What you need: Ten socks, one towel per player, one or more players.

How to play:

- Mark a distance of 5m - 7m and place all of the socks at one end.
- Players begin sitting on their towel at the start line opposite the socks.
- They race to collect one sock at a time and transport it back to the start line. They must not come off their towel.
- Make the carpet move by bringing your heels to your bottom and then straightening your legs as you shuffle forwards.
- Playing by yourself? How quickly can you transport the socks?
- Playing with someone else?
Who can transport the most socks?



How else can you make the carpet move?

EYFS

Activity 10

I spy...



Head to the park and play eye spy with a twist along the way. 'I spy something beginning with T', players race to be the first to touch something beginning with the letter T.



DAILY WALK

Fitness

Equipment: wellies, warm clothes, a plastic bag or bucket to collect any 'treasure'

How to play:

- ✓ Remember walk 2 metres apart from anyone not in your household or bubble.
- ✓ Be careful when touching opening and closing gates- use your hand gel if you do and wash your hands thoroughly when you get home.
- ✓ Have fun on your walk!

1. When you go for a walk see if you can find 3 different types of leaves- can you use the pictures below to identify them?

Oak



Ash



Chestnut



Beech



Maple



2. Walk for 10 strides then jog for 10. Can you do this for the whole length of your favourite nursery rhyme?

3. Can you spot any yellow or white flowers?

4. Stop at a lamp post or footpath sign and do 5 star jumps. At the next lamp post hop on the spot for 10 seconds. At the next lamp post skip on the spot for 10 seconds.

5. Gather some twigs and leaves during your walk so that when you get home you can create a new play area for some of your toys or a new bug hotel outside

Challenges:

STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space - Try and explore a new outside space away from houses and roads

Task – Try and keep a conversation going or singing to keep your heart rate up

Equipment – What interesting objects can you collect during your walk?

People – Get a family member to join in with all the points above- especially points 2 and 4!

Video Further leaf info can be found here: <https://nt.global.ssl.fastly.net/documents/woodland-spotter-sheet-frugi.pdf>

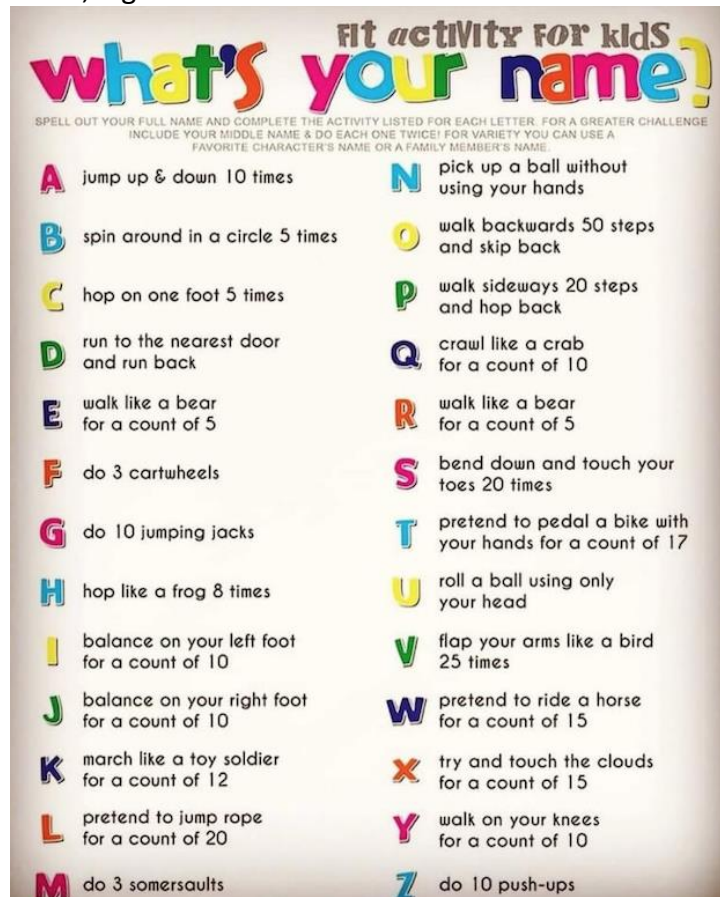
ALPHABET FITNESS

Fitness

Equipment: none

How to play:

- Make sure the room you are in is clear of any objects which might cause an injury or get broken
- Do your first name, e.g. Simon



Skill Tip: If you do not like the activity for one of the letters or you cannot do it, then look at the suggestion for the next letter of the alphabet

Challenges:

- Can you do your surname too?

STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space - Use the length of your lounge or bedroom for when you are moving around

Task – Can you remember the activities and do them again, but better this time?

Equipment – Can you carry your teddy with you throughout the challenge? Don't drop it!!

People – can you challenge a family member to do their name?

YOGA (From Twinkl)

Fitness

Equipment: none

How to play:

Make sure you have cleared the room of any objects which might cause an injury or get broken

Warrior II Pose

Virabhadrasana II

Benefits: Strengthens and stretches legs and core; stretches chest and shoulders; relieves bad aches.



1. Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
2. Inhale and lift your arms parallel to floor.
3. Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
4. Keep your torso tall, turn your head, and look out over your fingertips.
5. Inhale, straighten your legs and lower your arms. Repeat on opposite side.

Tree Pose

Vrikshasana

Benefits: Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.



1. Begin in mountain pose.
2. Lift your right foot, turning your knee out; place your foot below your left knee.
3. Press your hands together.
4. Raise arms overhead; look up to your hands if possible.
5. Return hands to your chest, and lower your right leg.
6. Repeat with left leg.

Skill Tip: Remember to keep breathing throughout- don't hold your breath!

Focus on something in front of you to help with your balance!

Challenges:

- Can you perform the move in front of a mirror or see your reflection in a glass door to check your arms and legs are nice and straight?
- Can you do it better on one foot than the other?

STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space - You will need to use the space and give yourself something to concentrate on

Task – Can you remember the activities and do them again, but better this time?

Equipment – Can you carry your teddy with you throughout the challenge? Don't drop it!!

People – can you challenge a family member to perform each move at the same time as you?