



Activity: High 5s	Age Group: EYFS/KS1	Focus: Co-ordination
<p>Equipment:</p> <ul style="list-style-type: none"> • Paper (5) • Pen • Cellotape or bluetack • Another person 	<p>Considerations:</p> <ul style="list-style-type: none"> • Use enough space to perform your challenges. Ask a family member to help you. 	
<p>Activity Set Up/Description:</p> <p>Find yourself a space where there is enough room to run up to a wall or another person. If you can find somewhere outside that would be brilliant! If not find an empty space inside like sitting room or even your kitchen with enough clean space on your wall. Write up 5 different body parts on 5 different papers and stick them to the wall or on the floor (make sure it's in your reach). Using a jumper, stand behind it couple meters back as this is your start mark.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Eyes on target • Bending of knees • Tiptoes (so you can be quicker on your feet) • Listening ears to react fast 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Simon says – body parts. Can you show good listening and touch the body parts Simon said? 2. Using a family member. Shout out a body part, can you run out tap the body part with your same body part and run back again. Do this 10 times! 3. Change the body parts around. Face away from the wall – when body part is called out turn and run to the wall and do the same. Do this 10 times! 4. Can you change the way you move towards the body parts? Hop, skip, jump. 5. Keep moving around the room in different ways, when someone shouts a body part, you and your partner must touch those body parts together (if you don't have a partner, use the adult who is helping you.) 	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Move your start mark closer. • Decrease the number of body parts on the wall (1-3) 	
<p>Game</p> <p>Memory Run – you must run to the body parts and touch one of them, then run back. Your partner must then, memorize, and repeat exactly what you did.</p> <ul style="list-style-type: none"> • If they get it right, they get 1 point • If they get it wrong, you get 1 point • First to 10 points 		



Activity: Target Throwing	Age Group: EYFS/KS1	Focus: Throwing & Catching
<p>Equipment:</p> <ul style="list-style-type: none"> • Rolled up newspaper • Rolled up socks • Targets to throw onto/into/to hit 	<p>Considerations:</p> <ul style="list-style-type: none"> • Use enough space to perform you challenges. Your items should be soft and nothing that could break. 	
<p>Activity Set Up/Description:</p> <p>Find yourself a space in sitting room or bedroom. You need to find 5 big targets to throw into/to hit. You could use a bed, sofa, chairs, laundry basket or buckets or even a water bottle. Make 5 balls (rolled up paper or socks) to throw into/on to the targets.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Eyes on target • Underarm throwing action • Aim with non-throwing hand • Tick-tock technique – have your arm straight down by your side, ready to throw. Hold your arm pointing towards the target, then swing your arm back and forward like a grandfather clock “tick-tocking”, then throw. 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Pick a nice easy target. Can you throw the ball into/hit the target from 3 steps away? Use the tick-tock technique 2. Now try and hit the target from 5 steps away. What must you do differently now? 3. Now use all 5 different targets. Can you hit all 5 targets? 4. Still using all 5 targets, can you get 5 in a row? If you miss one, start again. 5. Start in a different place in the room and repeat, maybe a little further back now. Remember our teaching points 6. Time trial – How quickly can you hit all the targets? You can’t move onto the next target until you’ve completed the one before. <p>❖ Challenge - Can you find a smaller target? If so, replace your big targets and try the progressions above. Why is this harder? What did you do differently?</p>	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Move closer to target • Use bigger items to throw • Chose bigger targets 	
<p>Game</p> <p>Sitting Room Socks (2+players) - Roll up 3 pairs of socks. Make sure each player has different style of socks or colour so you know which socks belongs to who. With another object (this could be a small cushion, tea towel or toy) place in middle of the room. In turns, throw your socks as close to the object in the middle of the room. Whoever has the socks closest to the object gets a point. (if 2 of your socks are the closest you get 2 points) First to 10 points is the winner!</p>		



Activity: Animal Jumping	Age Group: EYFS/KS1	Focus: Running & Jumping
<p>Equipment:</p> <ul style="list-style-type: none"> • A small item to jump over (toilet roll or a book) • A slightly bigger item (pillow/cushion/cereal box) • Floor space 	<p>Considerations:</p> <p>Ensure there is enough space around you. If there is more than one, you can do it at the same time. If not, then take it in turns.</p>	
<p>Activity Set Up/Description:</p> <p>Find some space on the floor and follow the progressions below to test your jumping. Complete each progression 5 times before moving onto the next one unless it says otherwise.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Feet shoulder width apart. • Bending knees • Arms out to balance 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Can you jump on the spot for 10 seconds? 2. Can you move around like these animals? Frog, kangaroo, bunny rabbit. How does your body change when you jump? 3. ANIMAL RACES – Race against a family member jumping like these animals 4. Add some hurdles – use the small items and place them on the floor to add obstacles to your race. GO! 5. Now try the bigger items – How do you change your jump to get over a bigger obstacle? 6. Exploring jumping in different directions. Can you jump sideways like a crab? Remember to look around you. 7. Can you jump around backwards? Remember to look over your shoulder. 	<p>Make It Easier:</p> <ul style="list-style-type: none"> • If you find it difficult, you can try these progressions whilst holding on to a parent’s hand. <p>Make it harder:</p> <ul style="list-style-type: none"> • If you are finding jumping easy, you can try hopping 	
<p>Game</p> <p>Mirror Mirror – with a partner, you can jump like an animal, jump in a certain direction or over any object and your partner has to copy.</p> <ul style="list-style-type: none"> • If you copy correctly, you get 1 point. • If you get it wrong, you get 0 points. • First to 10 wins. 		



Activity: One-Legged Balance	Age Group: EYFS/KS1	Focus: Balance
<p>Equipment:</p> <ul style="list-style-type: none"> • An item you can balance on that feels different to the floor (e.g. cushion) • An item you can throw and catch (e.g. A ball, socks or toilet roll) 	<p>Considerations:</p> <ul style="list-style-type: none"> • Big empty space – make sure no furniture is around that you could possibly hurt yourself with. 	
<p>Activity Set Up/Description:</p> <p>Clear a space, to create a big workspace for the session. Starting on activity one, work through the progressions in your own time. The progressions will make it harder each time and will support the child’s development in this focus. Make sure you complete each progression 2 times and on both legs before moving on.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Head up (don’t look down) • Eyes forward to help you keep your balance • Focus on something that’s very still (e.g. an ornament) • Keep your eyes on the object you are catching • Use your leg in the air as a balancing tail like squirrels do 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Can you balance on one leg for 5 seconds? 2. Can you now do this for 10 seconds? 3. Can you balance on one leg for 5 seconds, with your eyes closed? 4. Using socks/toilet roll, place them in front of you. Can you balance on one leg and touch the equipment on the floor? 5. Can you now pick that equipment up, whilst balancing and place it somewhere else? Remember to balance on one leg 6. With a partner, are you able to throw and catch 5 times whilst balancing? 7. Repeat levels 1-6 on a cushion. This is to create a new and unusual surface. 	<p>Make It Easier:</p> <ul style="list-style-type: none"> • If you find any progression too difficult, hold an adult’s hand. You can also go back and repeat the last level. 	
<p>Game</p> <p>With a partner, play catch whilst balancing on one leg. You have 3 lives each, if you touch the ground with your foot then you lose a life. The person who loses all their lives first is the loser. You can also play this game with one handed catches too or with one eye closed.</p>		





Activity: Ladder	Age Group: EYFS/KS1	Focus: Agility
<p>Equipment:</p> <ul style="list-style-type: none"> Ladders (you could use, cereal boxes, books or shoes) Timer (stopwatch or your phone) 	<p>Considerations:</p> <ul style="list-style-type: none"> Make sure you have enough space and an empty floor in front of you. If you are doing it with someone else, make sure you take it in turns. You may need a demonstration if you are not sure what to do. Walk it through first before completing each progression. 	
<p>Activity Set Up/Description:</p> <p>Set up a ladder using items from around the house. Try to leave roughly one step in-between each hurdle of the ladder and aim for at least 5 hurdles if you have space. You can do each progression 4 times before moving onto the next.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> High knees Head Up with your eyes looking ahead Increase arm movement to gain momentum Use your tiptoes for light, quick movements. 	
<p>Progressions:</p> <ol style="list-style-type: none"> Start by stepping over the ladder hurdles to the other end and back again 4 times. Now, zig-zag in and out the sides of your ladder. Does the size of your steps change? Do your steps change direction? Can you speed jump to the other end and back? If you touch a hurdle, start again. Jump as fast as you can Now, let's try and speed hop to the other end and back. Hop as fast as you can Try and run through your ladder whilst facing sideways. Time trial – How fast can you go through the ladder and back 3 times? 	<p>Make It Easier:</p> <ul style="list-style-type: none"> Hold a parent's hand for support 	
<p>Game</p> <p>Ladder Races – Have a race against your family member and see if you can beat them.</p> <ul style="list-style-type: none"> Running race Jumping race Hopping race 		