



Activity: Slalom Run	Age Group: EYFS/KS1	Focus: Agility
<p>Equipment:</p> <ul style="list-style-type: none"> • Cones (rolled up socks or small boxes) • Stop-watch • Ball (you could use rolled up socks or make a ball from newspaper and tape.) 	<p>Considerations:</p> <ul style="list-style-type: none"> • If you have more than one child have them take it in turns or if you have enough space set up more than once. • Challenge your children to try and beat their score before moving onto the next level. • Engage your child, get them to explain how to make the game easier or harder. • Ensure you use a suitable sized space for the activity • Remove cones if you do not have enough space. 	
<p>Activity Set Up/Description:</p> <p>Set up a line of 5 cones with the cones about 1M apart. At the end line place some cones on the floor, these are to be collected. When you shout go the child has to run in and out of the cones, pick up one of the spares and run back and place the cone behind the start line.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Pump Hands (Hip to lip) • Elbows at 90° • Fast feet • Head up • Head still 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. How many cones can you grab in 1 minute? 2. Decrease the distance of the cones, smaller gates to run in and out of. 3. Move the cones into more of a zig zag pattern. 4. Decrease the distance between cones. 5. Add in a straight sprint zone before the zig zag. 6. Add a ball. Can you dribble the ball through the cones using your hand s or feet? <p>❖ If you have 2 children, get them to run against each other if you have the space. If you don't have the space time how quickly they can complete the course.</p>	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Make distance smaller. • Spend longer on levels. 	
<p>Game</p> <p>Pacman - Spread cones around a playing area. 1 person is the cone collector (Pacman) the other is the chaser (Ghost). The cone collector needs to put a tuck a tea towel into the back of their shorts. Once you shout go the cone collector needs to try grab as many cones as they can before the chaser grabs his tea towel. Once tagged swap over and see if you can beat the last persons score.</p> <p>Make sure you spread the cones out and don't place them all next to each other.</p>		



Activity:	Age Group: EYFS/KS1	Focus: Balance
<p>Equipment:</p> <ul style="list-style-type: none"> • Bean Bags (rolled up Socks) 	<p>Considerations:</p> <ul style="list-style-type: none"> • Complete activities on a soft surface such as a mat or carpet. • If you don't have any bean bags use rolled up socks. • Engage children by asking them to explain how they can make levels easier or harder. • Use a suitable sized space for activities. 	
<p>Activity Set Up/Description:</p> <p>Children to try and hold the different seated balances for 5, 10 seconds. Start off holding for 5 seconds then 10 seconds, get child to talk through why they are finding activity harder with eyes shut and what they can do to help keep their balance.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Head up when balancing. • Focus on a point on the wall that isn't moving. • Start off using hands to support. • Focus on keeping their balance. 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Start off sitting down can you lift one leg off the ground and hold? Use hands to support. 2. Both legs off the ground 3. Both legs off the ground, one hand off the ground. 4. Both legs and hands off the ground, no hands. 5. Can you hold with eyes shut? 6. Can you hold a V Shape? Feet in the air hands reaching towards your toes. 7. Can you create your own seated balance? 	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Take your time on each level. • Try for shorter times and slowly work your way up. 	
<p>Game</p> <p>Pass the Parcel - Sitting with your knees bent at 90° your hands by your chest sat opposite someone. How many times can you pass a bean bag from your hands to your feet, to your partners feet, to their hands. How many times you pass the bean bag within 1 minute without the bean bag touching the floor. See if you can beat your time.</p> <p>If struggling, see if you can pass it with just your hands keeping your seated balance as you throw the bean bag to each other. Encourage children to count out loud.</p>		



Activity: Sprint Start	Age Group: EYFS/KS1	Focus: Running & Jumping
<p>Equipment:</p> <ul style="list-style-type: none"> • Cones (rolled up socks or small boxes) • Stopwatch 	<p>Considerations:</p> <ul style="list-style-type: none"> • If you have more than one child have them take it in turns or if you have enough space set up more than once. • Challenge your children to try and beat their score before moving onto the next level. • Engage your child, get them to explain how to make the game easier or harder. • Ensure you use a suitable sized space for the activity. 	
<p>Activity Set Up/Description:</p> <p>Create a start and finish line out of cones. Place these lines 10M apart. Time how long it takes for your child to cross over the finish line from once you said go. Encourage children to talk you through why their times may have changed as you work through the progressions.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Pump Hands (Hip to lip) • Elbows at 90° • Big steps • High knees • Head up • Head still 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Sprint without using your arms (hands to your side like a Penguin) 2. Sprint with high knees. 3. Start facing away from the start line, when you shout go, they jump 180° round and sprint. 4. Starting on your knees, when you shout go, jump up and sprint. 5. Start laying on your front. 6. Start on your back. 7. Increase the distance they are sprinting (If space is available). <p>❖ If you have 2 children encourage them to run against each other if you have the space. If you don't have the space time how quickly they can complete the course.</p>	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Make distance smaller. • Spend longer on levels. 	
<p>Game</p> <p>Monsters and mice - Stand back to back with someone and label each person either monster or mouse. Each person must have a safe zone/line marked in front of them, these should both be the same distance away from the person. Shout either monster or mouse, whichever one you shout must run to their safe zone. The other person must turn around and try touch them on the back. If they catch them, they get a point. If the runner makes it to the safe zone, they get a point. Person with the most points wins.</p>		





Activity: Under Arm Throwing	Age Group: EYFS/KS1	Focus: Throwing & Catching
<p>Equipment:</p> <ul style="list-style-type: none"> • Bean Bag (Rolled up socks) • Targets (cereal boxes or anything you can stand up) • Slimmer target (plastic bottles or toilet/kitchen roll tubes) 	<p>Considerations:</p> <ul style="list-style-type: none"> • Either you or your child will need to collect the bean bags and return them to the throwing line. • If you have more than one child have them take it in turns or if you have enough space set up more than once. • Challenge your children to try and beat their score before moving onto the next level. • Engage your child, get them to explain how to make the game easier or harder. • Get your child to talk you through what they are doing when throwing the bean bags (where are they looking? Where do their fingers need to point after they have thrown?) 	
<p>Activity Set Up/Description:</p> <p>Mark a throwing line on the floor, take 2 steps forward and place a cereal box target on the floor. Only using under arm throws how many times Can you hit the cereal box in 1 minute?</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Stand facing the direction you are throwing. • Hold the object in your throwing hand and use your non-throwing hand as a pointer/aimer. • Swing throwing arm from back to front, keeping it relaxed and extended. Release the object at hip height. • Finish with throwing hand pointing at the target. 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Move the box further back. 2. Move the target out to the left or right of your starting position. 3. Add more targets, can you hit each target before the minute runs out. 4. Add in some of your slimmer targets and have a go at hitting these. You could try balancing them on your bigger targets and trying to knock them off? 5. Set up targets around the room, each target has a score. Who can get the highest score in 1 minute? 	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Reduce the distance from the throwing line to the target. • Create a bigger target using sheets of paper on the floor. 	
<p>Game</p> <p>Take out the targets – Mark a start line, a throwing line and then targets scattered out in front (10 would be ideal). Place bean bags on the floor next to the start line (5 per thrower). Run from the start line with a bean bag to the throwing line. Once at the throwing line, throw the bean bag at the target without crossing the line. If the bean bag hits the target the thrower will return to the start line and pick up the next bean bag. If the thrower misses the target, they must collect their bean bag and try and hit the target until they hit it. First person to get all of their bean bags to hit the target is the winner.</p>		

