

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
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PHYSICAL ACTIVITY

Lets get moving
 We all like to start the week with one of Gemma's dance routines. Try this one, The Coolest Person.

[Click here for Video](#)



Treasure hunt
 Using your shape cards from last week, hide a set of the shapes all over the garden. Then hand your child one card shape and they need to find it and bring it back. Continue the treasure hunt until all of the shape cards have been found.

Obstacle course
 We did this a few weeks ago but this time it's got an added twist. Try and complete the obstacle course crawling with a teddy on your back.



Remember to make tunnels and bridges out of items in your house and garden.

Yoga time
 A game to complete our yoga work. Play the happy wiggle game from the card provided.

See slide 7



Zooming time
 For your last school day see if you can go on a bike / scooter ride with your family. Show everyone how good you have got since you started to learn to ride. Have fun.



SCHOOL GAMES VALUES ACTIVITY

Determination Self Belief Honesty Respect Team Work



All this week you are going to create a big picture showing all the fun activities you have done when thinking about the school games values.

Draw a picture of you working together with your family for team work, or the determination you had for riding your bike.

CHALLENGE ACTIVITY

Decathlon Competition
 You have now completed work on 6 of the decathlon activities. Challenge your family to a mini competition using the cards provided.

See slides 3&4

Infant agility - Launcher
 Last week we did a throw from the chest. This week we are going to look at a longer throw.

See slide 5

Pawsome Panda
 Play our final Pawsome Panda game with your family or friends. **See slide 6**



High knees Competition
 Last week we kicked our bottoms, this week we are going to take our knees high. How many high knees can you do in 30 seconds? **See slide 8**



Competition time
 Its almost the school holidays so time for your very final challenge. Choose any of the activities we have done over the past 6 weeks and challenge your family. Award Mum, Dad, Gran, Sister, brother or carer a medal at the end of it. Medals attached. **See slide 9**



Durham & Chester-Le-Street School Sport Partnership
mini decathalon challenge especially for Nursery and Reception children.

Activity Card 1	Activity Card 2	Activity Card 3
Sprint	Long jump	Shot put
<u>Equipment needed</u> Stop watch or any timer Start line and finish line.	<u>Equipment needed</u> A start line and a measuring tape	<u>Equipment needed</u> A ball that can fit in your hand
<u>Instructions</u> The decathalon has 100 meter sprint. We can have a 10 meter sprint. Mark out the course in the garden. Get ready, set and go Can you beat your Mums / Dads / Brothers or Sisters time?	<u>Instructions</u> Stand with two feet behind the starting line. Swing your arms backwards and forwards and bend your knees a little bit. When you are ready jump forwards as far as you can. Don't fall over though! Look at how far you jumped..... Is it really far? Have another go and see if you can beat your record.	<u>Instructions</u> Stand at your starting line again but this time stand sideways. Hold the ball in your throwing hand and make a big star shape with your body. Put the ball right next to your neck.... It might feel cold. Lean away from the line and push the ball away from your neck and as far away from the starting line as possible. I bet it flies through the air!!!!



Durham & Chester-Le-Street School Sport Partnership mini decathlon challenge especially for Nursery and Reception children

Activity Card 4	Activity Card 5	Activity Card 6
High Jump	Middle distance run	Hurdles
<u>Equipment needed</u>	<u>Equipment needed</u>	<u>Equipment needed</u>
A skipping rope	Stop watch or any timer Start line and finish line and a track to run around	5 large teddies A start line and a finish line A stop watch or timer
<u>Instructions</u>	<u>Instructions</u>	<u>Instructions</u>
<p>This one is a tricky one. We don't want anyone getting hurt so go very carefully.</p> <p>Ask someone to hold a skipping rope up just off the ground for you and see if you can jump over it.</p> <p>Think of all the ways you can jump. Remember to land on your feet and bend your knees. The athletes who do this in competitions have a soft mat to land on... we are not so lucky. Gradually get higher and higher.</p>	<p>Set up a course in your safe space.... A back garden, a yard or out on the path if your parents say its safe and they can take you.</p> <p>Jog around the safe space for 2 minutes without stopping. You will feel out of breath and want to give up, but keep going.</p> <p>How many times did you jog around your safe space track?</p>	<p>Put a teddy out on the grass or floor somewhere that has space.</p> <p>Do three giant steps in a straight line then put another teddy on the ground.</p> <p>Do the same for all five of your teddies.</p> <p>Now see how quickly you can hurdle (jump) over the teddies when you run from the start to the finish line.</p>

Infant Agility Activity Card 6 - Launcher

Launcher

Equipment needed

3 cuddly toys
Measuring tape
Cones



Instructions

The launcher stands behind the throwing line.
Standing in a sideways stance throw a teddy bear as far as possible.
Record where the teddy bear lands with a cone.
Each thrower has 3 attempts.



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.



Yoga Games

The Happy Wiggle game

Children love and need to move their bodies. In order to develop a strong balance system, children need to move their body in all directions, for hours at a time. This game gives them a chance to do just that.

Explain to the children that when you shout 'Wiggle' the children can wiggle their bodies in every direction. Up, down, side ways, wiggle arms, legs, fingers.

Then after a few seconds shout out one of the yoga poses from the poster or your own yoga poses that you have created with your children and ask all the children to do the pose.





Durham and Chester-Le-Street SSP
Maiden Castle
The Graham Sports Centre,
Durham University
Stockton Road
DH1 3SE

Durham & Chester-le-Street School Sport Partnership
Working in collaboration with Durham Sixth Form Centre

High Knees

- Pick a spot to focus in front of you to help your balance and make sure you don't fall over.
- Ensure your arms are moving forwards and backwards
- Land softly on the balls of your feet

Options:

March fast instead of high knee runs, keep it low impact (one foot is always on the floor)



twinkl.com



Cut out and keep the medal you won.