

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
PHYSICAL ACTIVITY	<p><u>Lets get moving</u> This week you are going to be the body coach or the dance coach. Put on our favourite music and make up your own routine. Think about all of the exercises we have done before.</p> 	<p><u>Volleyball</u> Practise keeping a balloon up in the air with different parts of your body. Can you keep the balloon in the air using your hand, thumb, or elbow, head, shoulders, knee or foot?</p> <p>Play a game where someone shouts out what part of the body needs to control the ball. If the children don't use that part of the body they need to do a forfeit.</p>	<p><u>Even hungrier hippos</u> Remember a few weeks ago when we played hungry hippos with balled up socks? This time you need to feed the hippos by throwing the socks into their mouths.</p> <p>Make a hippos mouth out of an old box or large cereal packet. The children can decorate this to make it even better. See who can throw the most socks into the hungry hippos mouth in the time given.</p>	<p><u>Yoga time</u> Use the yoga pictures in slide 4 to try and stretch your body and think very quiet and calm thoughts. Your favourite bedtime music may help you get relaxed.</p> 	<p><u>Active time</u> Find a different way of moving from one room to another. As soon as you go through a door the way you move needs to change. Examples could be hop into the dining room, crawl into the kitchen. Slide on your bottom up the stairs (be careful).</p> <p>How many different ways can you travel? Remember you don't have to always go forwards. Think of your PE lessons.</p>
SCHOOL GAMES VALUES ACTIVITY	<p>Determination Think of something you have been struggling to do on your own, like put on your jumper, fasten your shoe laces or do up your own buttons or zip on your coat. Be determined to do it by the end of the day.</p>	<p>Self Belief Draw a picture of something you are going to be able to do by the summer. Maybe riding your bike, swimming in the pool or climbing to the top of the climbing frame at the park.</p>	<p>Honesty What's in the box game. The children hide something in the box and parents have to guess what it is by asking questions about the object. The children must answers the questions honestly.</p>	<p>Respect Teach children about personal space by walking around the house with a hula hoop. No one is allowed to touch anyone else's hoop and the children must try and stay in their own space. See slide 5</p>	<p>Team Work See who can tidy up their bedroom the fastest. Can you put all of your toys and clothes away quicker than your brother or sister or other family member?</p>
CHALLENGE ACTIVITY	<p><u>Long jump competition</u> See Slide 3, the long jump card from our decathlon for details.</p> 	<p><u>Balancing competition</u> How long can you balance on one leg like a stalk? Can you balance longer than your parents / brothers or sisters?</p> <p>See slide 7</p> 	<p><u>Balancing competition 2</u> You need the pillow or cushion that you used yesterday for this task. Sit on the cushion and raise your legs so your feet are off the floor. How long can you stay balanced on your bottom before you fall?</p>	<p><u>Stretcher</u> Sit on the floor with your legs nice and straight. Get a small teddy in your hands and walk him / her down your legs. Can you reach your toes without bending your knees? Sit the teddy right next to your legs.</p>	<p><u>Strong squat competition</u> See the strong squat card on slide 6 for details.</p> 



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

Decathlon Activity Card 1

Long jump

Equipment needed

A start line and a measuring tape



Instructions

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!

Measure how far you got. Can you beat anyone else in your family?

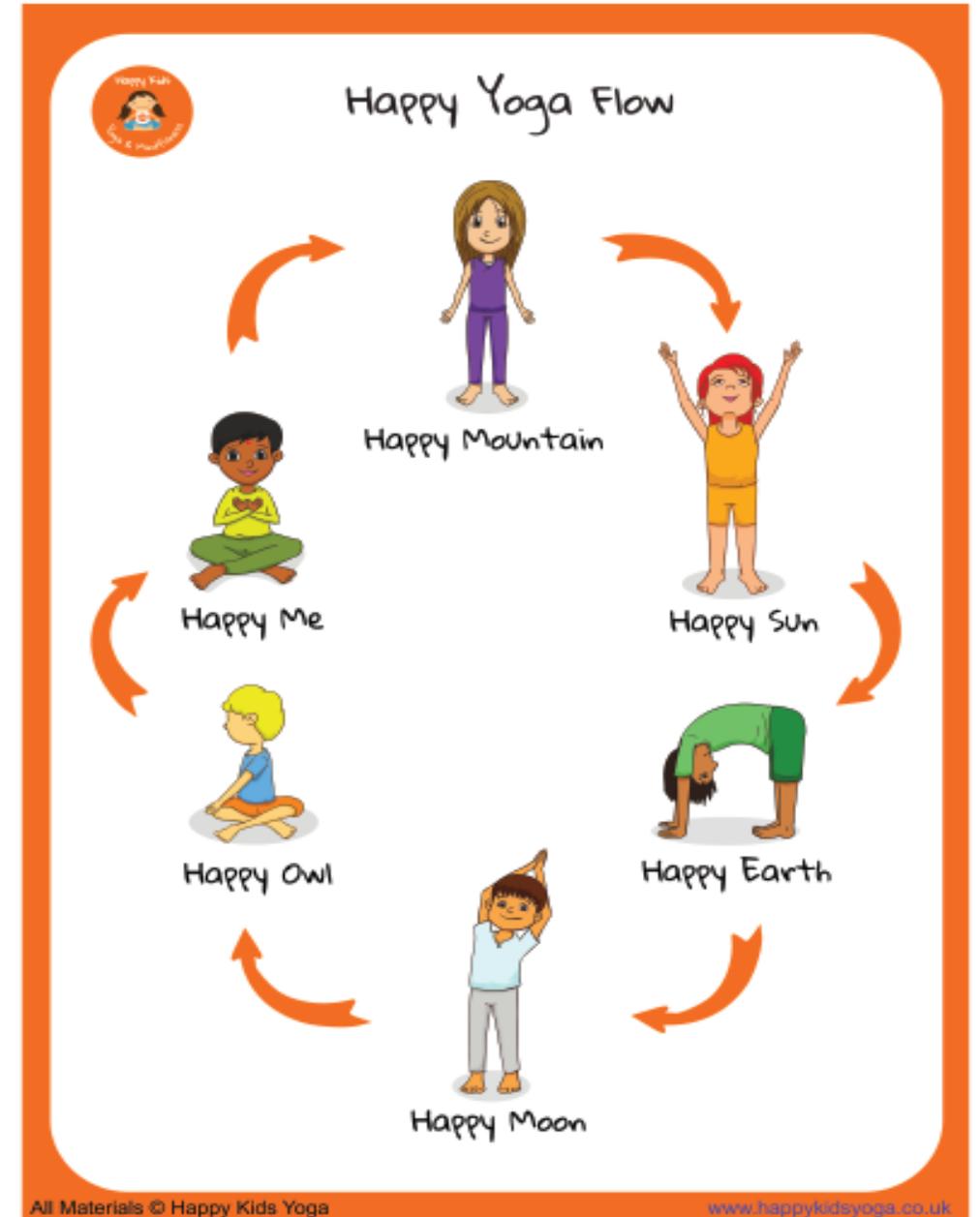
Next try and do three jumps one after another. Can you get from one side of the room to the other?

Activity 1

Happy Yoga Flow

This activity can be done at any point in a standing or sitting position. It can be done at any point during the day, but morning's are recommended to start the day.

This activity stretches the back in every direction and lets kids' bodies stay supple, strong and flexible. At the end of the flow we stop, close our eyes and think of something we are grateful for.



All of us have an imaginary bubble around us. This bubble is called our personal space.



Draw yourself in the middle personal space bubble

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

Strong squats

- Pick a spot to focus on in front of you to help your balance so you don't fall over.
- Start by standing up with your legs apart.
- Squat down by bending your knees and keeping your back straight.
- Stand back up and repeat.
- Count how many you can do in 30 seconds





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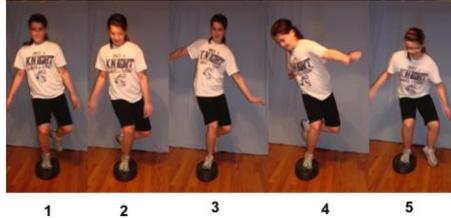
Balancing activity card

Stalk stand and bottom balance

Equipment needed

A timer

Balance Scale



Instructions

Balance on your favourite leg with your other leg in the air. Start counting to see how many seconds you can stay balanced for. Don't fall over.

Once you get very good at this you could use a balance cushion or a pillow from home.

Next try it balancing on your bottom with your feet and legs off the floor.