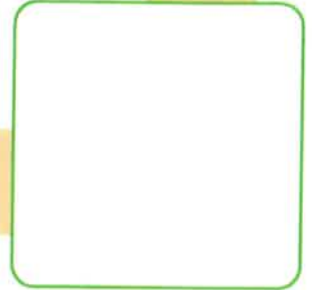


Tues 26th Jan

# Little Red Riding Hood Story Map

Cut out the pictures and stick them into the boxes along the path. Can you retell the story of Little Red Riding Hood?





# Nursery & Reception ACTIVE AT HOME

We all know the benefits of being physically active.

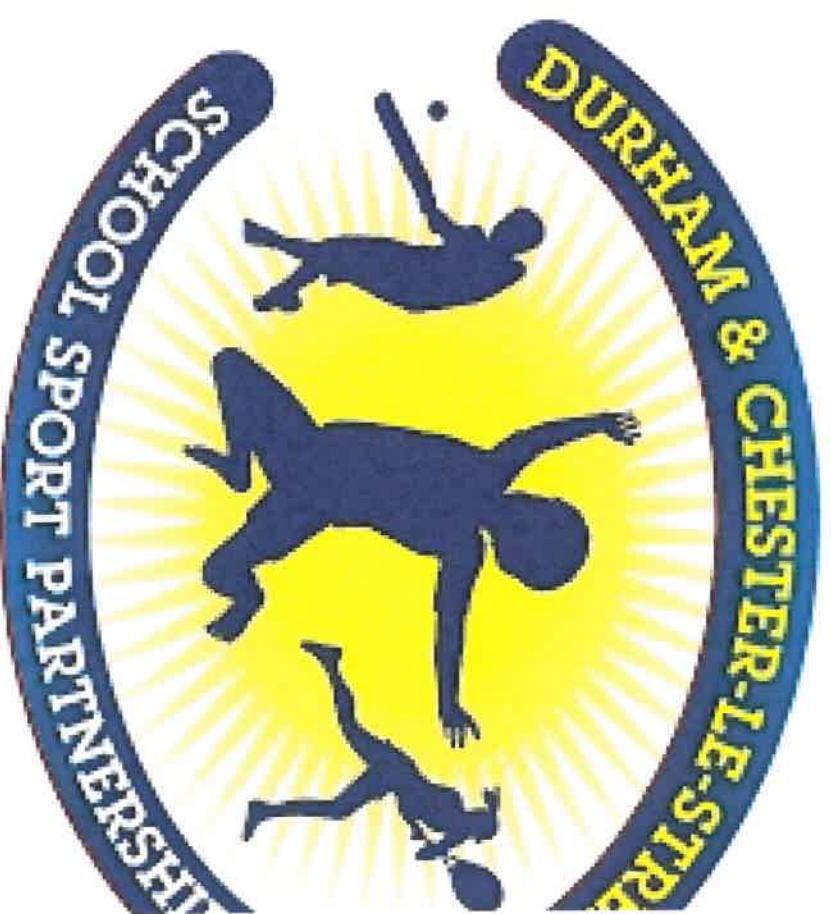
When times are tough and it is difficult to get outdoors, it can be quite tricky to come up with ideas to keep the children occupied and active.

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  
your activities

Facebook - @DurhamClSSSP

<https://www.facebook.com/DurhamClSSSP>

Twitter - @DurhamCLS\_SSP

[https://twitter.com/DurhamCLS\\_SSP](https://twitter.com/DurhamCLS_SSP)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>PHYSICAL ACTIVITY</b>	<p><b>Lets get moving</b></p> <p>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><b>Volleyball</b></p> <p>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><b>Even hungrier hippos</b></p> <p>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><b>Yoga time</b></p> <p>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><b>Active</b></p> <p>Find a from c soon e the w: chang. Examf dining kitche up the</p>	
	<p><b>SCHOOL GAMES VALUES ACTIVITY</b></p> <p><b>Determination</b></p> <p>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><b>Self Belief</b></p> <p>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><b>Honesty</b></p> <p>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><b>Respect</b></p> <p>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><b>Team</b></p> <p>See w! bedro put all away r or sist memb</p>	
	<p><b>CHALLENGE ACTIVITY</b></p> <p><b>Long jump competition</b></p> <p>See Slide 3, the long jump card from our decathlon for details.</p> 	<p><b>Balancing competition</b></p> <p>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><b>Balancing competition 2</b></p> <p>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><b>Stretcher</b></p> <p>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><b>Strong!</b></p> <p>See th slide 6</p>	



## Durham & Chester-Le-Street School Sport Partnership

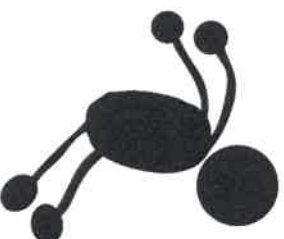
### mini decathlon challenge especially for Nursery and Reception children.

#### 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?

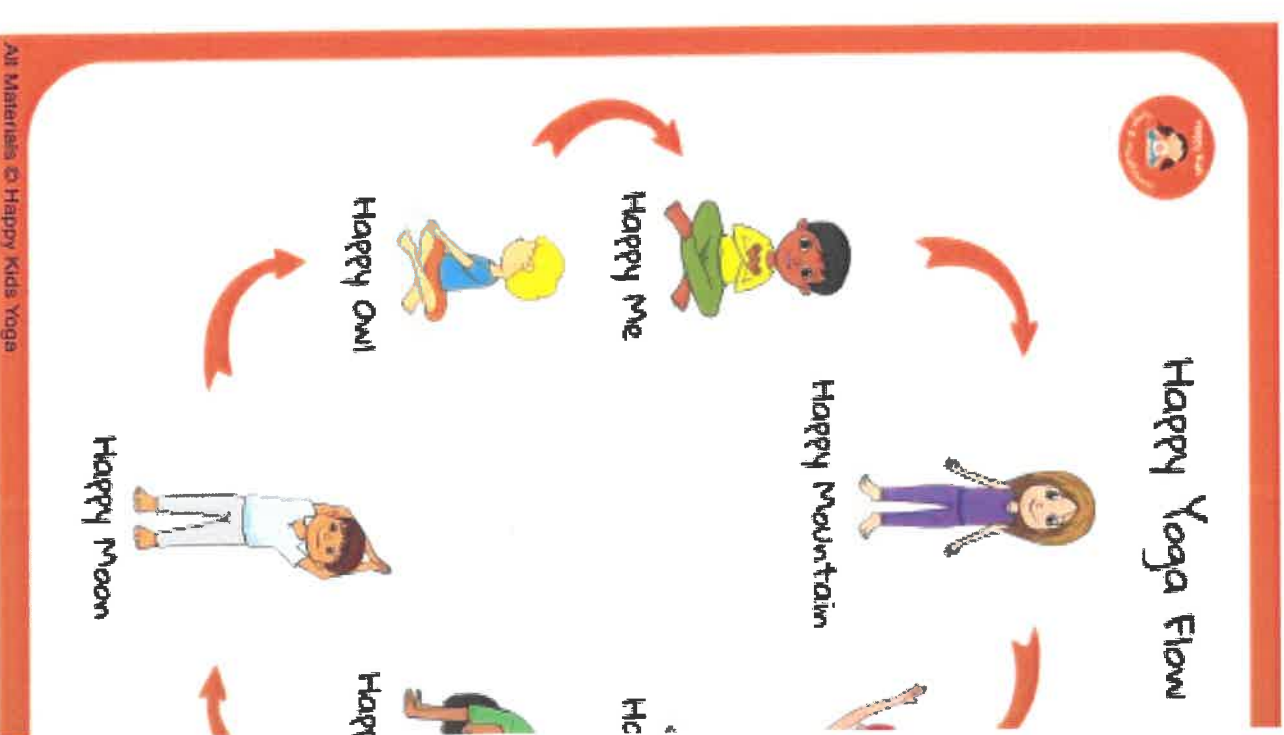
Next try and do three jumps one after another. Can you get from one side of the room to the other?

# Activity 1

## Happy Yoga Flow

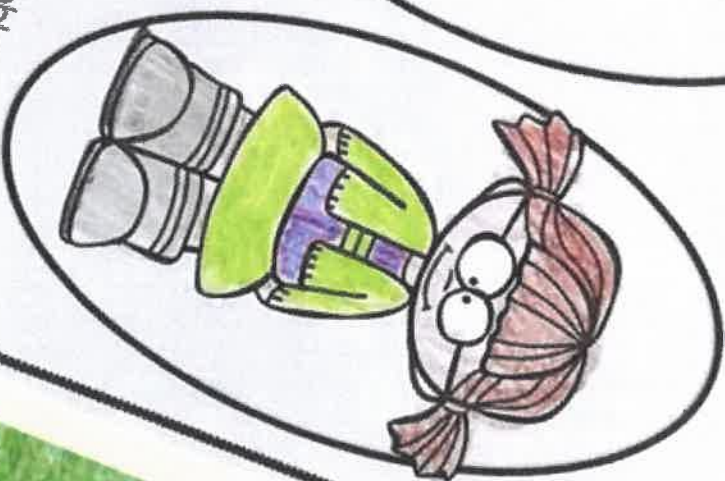
This activity can be done at any point in a standing or sitting position. It can be done at any point during the day, but morning's are recommended to start the day.

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

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The Graham Sport  
Durham  
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# 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







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

### Balancing activity card

#### Stalk stand and bottom balance

##### Equipment needed

A timer



##### 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.

# Little Red Riding Hood Addition within 10

Write the answers in the circles. Then, write the number sentence on the line below.

