

EYFS

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

GET AHEAD  
PARTNERSHIP

EDUCATION. SPORT. WELLBEING

# Get Active at Home

MONDAY

**Activity overview**  
Be Animals

**Equipment needed**  
✓ Space

**School Games value**



TUESDAY

**Activity overview**  
Build an indoor playhouse or den.

**Equipment needed**  
✓ Toys  
✓ Pillow/cushions  
✓ Bed sheet/ pillow case – be creative!

**School Games value**



WEDNESDAY

**Activity overview**  
Colour Run

**Equipment needed**  
✓ Paper  
✓ Different coloured crayons

**School Games value**



THURSDAY

**Activity overview**  
Recycling Bowling

**Equipment needed**  
✓ Recycle any bottles that you have  
✓ Socks, ball or an alternative  
**School Games value**



FRIDAY

**Activity overview**  
Tidy Up Race

**Equipment needed**  
✓ Music  
✓ All things you've been using either during the day or week

**School Games Value**



RESOURCE PRODUCED  
IN PARTNERSHIP BETWEEN

EAST RIDING SSP (WEST)  
Partnered by Cottingham High School

THE SCHOOL  
SPORT  
PARTNERSHIP



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# LOCOMOTION

MONDAY



30mins



## ACTIVITY

### Be Animals

- Set up an area where you have enough room to perform a variety of different movements representing animals.
- You may wish to use your voice to say the animals.
- You can have music playing whilst doing this game as well as printable pictures of the animals.

- Waddle like a penguin
- Hop like a rabbit
- Crawl like a snake
- Flutter like a butterfly
- Stomp like an elephant

### MAKE IT EASIER...

Using your voice only to say the animals.

### MORE OF A CHALLENGE

Linking 1 or 2 of the animals together.  
Having a time limit for each animal they represent.  
Different movements in between the animal has been called.

### MAKE IT INCLUSIVE

This can be done in a large space, small space however you wish to do so.

## EQUIPMENT NEEDED

- Space
- Music or pictures if you wish



**How can you demonstrate self belief throughout this challenge?**

## TECHNICAL / TACTICAL

- The importance of moving around recognising the space and awareness of what is around you. Allowing participants to make their own decisions of what movements look like.

### LEAD OTHERS

Create a point system for your family or friends to see who does the best animal jump.  
Can you think of other animals with different movements?

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LOCOMOTION

TUESDAY



30mins



ACTIVITY

### Build an indoor playhouse/den

- Using a variety of indoor equipment being creative making a playhouse/ den.
- However rules consist of 1 thing, you must be able to go in and out of it.
- You can do this in a small space or large space it is totally your choice.

#### MAKE IT EASIER...

Have less items to use.

#### MORE OF A CHALLENGE

Have more items to use.  
Have different compartments that lead to another section of the playhouse/den.

#### MAKE IT INCLUSIVE

Items can be placed in different positions high or low such as bed sheet over the sofa.

#### LEAD OTHERS

Competition to see which family member can create the best playhouse/den.

#### EQUIPMENT NEEDED

- A soft toy
- Pillow cases, cushions, chairs, other alternatives of your choice.



How can you demonstrate passion throughout this challenge?

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# LOCOMOTION

WEDNESDAY



30mins



## ACTIVITY

### Colour Run

To start the game you need to have some crayons and paper at the ready,

Use your crayons and colour the paper (can colour the whole paper or in the middle of the paper) as long as you can see the colour on the paper.

Once the colours have been made (you can do as many or little as you like) ask someone to hide them around your home.

The aim of the game is by finding the colours that have been placed around your home once a colour has been called such as; Yellow - you would need to go find the paper that has yellow on it. Once found move onto another colour. You can say just one colour or you may wish to say two or three at a time.

### MAKE IT EASIER...

Hide the paper in easier places such as; on the floor, stuck on the wall etc.

### MORE OF A CHALLENGE

Be creative with the hiding of the colours, such as underneath, behind, on top of objects.

Point system for each time a colour has been found.

Time limit to find the colours.

Instead of just saying one colour you may say two or three to find.

### MAKE IT INCLUSIVE

Colours can be placed anywhere so participants can find/see them.

### LEAD OTHERS

With a family member see who can get the most points by finding the most colours, see who can get all the colours the quickest.

## EQUIPMENT NEEDED

- Paper
- Different coloured crayons.



How can you demonstrate self belief throughout this challenge?

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# SENDING AND RECEIVING

THURSDAY



30mins



## ACTIVITY

### Recycling Bowling

- A number of recycled bottles is placed in one area of your choice. Eg. 6 bottles 3 in front and 3 behind.
- The participants will stand or sit opposite the bottles.
- Using a ball or a rolled up pair of socks, participants will roll the item towards the bottles.
- Trying to knock down the bottles.
- If you wish the bottles can be worth different points.

## EQUIPMENT NEEDED

- As many recycled bottles as possible.
- Rolled up socks or a ball.
- Pen and paper to write scores down.
- Paper to put the point system inside the bottle.



How can you demonstrate determination throughout this challenge?

## MAKE IT EASIER...

- Have more recycled bottles.
- Have more goes at rolling the ball/ socks
- Stand closer to the bottles.

## MORE OF A CHALLENGE

- Use less recycled bottles.
- Take it in turns to see who knocks the most down.
- Each bottle is worth different points.
- Move further away from the bottles

## MAKE IT INCLUSIVE

This could be adapted by sitting on a chair or on the floor and rolling the ball/sock towards the bottles opposite.

## LEAD OTHERS

Take it in turns and see who gets the most points.

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FRIDAY

# SENDING AND RECEIVING



30mins



## ACTIVITY

### Tidy Up Race

- Using the stop-watch/ timer or playing music and until the music stops participants will help put all items that have been used during the day or week to put things away.
- You can also use this as a freeze game too, if the music stops freeze to then be able to continue and get a point. If you move you lose a point.

## EQUIPMENT NEEDED

- All equipment that has been using during the day or week.
- Stop watch or timer. Music as an alternative.



How can you demonstrate passion throughout this challenge?

## MAKE IT EASIER...

Designated areas for specific items to go so there is a routine.

## MORE OF A CHALLENGE

Time limit  
Freeze when the music stops  
Point system

## MAKE IT INCLUSIVE

This could be adapted by certain objects go into certain places/ areas.

## LEAD OTHERS

Time the activity to see how quick participants can put things away. See as a family who can get the most points.