

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
Hide and Seek

Equipment needed
✓ Space
✓ Items to use to hide

School Games value



TUESDAY

Activity overview
Stepping stones

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

School Games value



WEDNESDAY

Activity overview
Number Run

Equipment needed
✓ Paper
✓ Pen/colours to write the numbers

School Games value



THURSDAY

Activity overview
Number/ picture splat

Equipment needed
✓ Paper
✓ Pen
✓ Rolled up socks or an alternative

School Games value



FRIDAY

Activity overview
Parachute Pop

Equipment needed
✓ Bed sheet or alternative
✓ Soft items that can represent a ball

School Games Value



RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN

EAST RIDING SSP (WEST)
Sponsored by Cottingham High School

THE SCHOOL
SPORT
PARTNERSHIP



EYFS

LOCOMOTION

MONDAY



30mins



ACTIVITY

Hide and Seek

- Using items of your choice you will hide them inside your home or in your backgarden
- Participants must perform certain moves to collect specific items such as; hop to find the teddy, crawl to find the spoon etc.
- If they find the item that has been called, game continues to go to another item

EQUIPMENT NEEDED

- Space
- Music as time limit
- Items to hide around the house



How can you demonstrate self belief throughout this challenge?

MAKE IT EASIER...

Using only one area for the items to have been hidden i.e. just in the kitchen etc.

MORE OF A CHALLENGE

Using a larger space for the participants to search for the items.
Encourage different movements such as hop, crawl, jump etc.

MAKE IT INCLUSIVE

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

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. Working on quick reaction to 'freeze and stay balanced.

LEAD OTHERS

Create a point system for your family and see who can collect the items in the quickest time.

EYFS

LOCOMOTION

TUESDAY



30mins



ACTIVITY

Stepping stones

- You can do this by drawing stepping stones on the ground outdoors.
- Or you can do this game by using a variety of indoor equipment being creative, this can be used with cushions, mats, bed sheets etc.
- Challenge is to move from one stepping stone to the other, encouraging participants to place one foot on an item and to step on another item using the opposite foot.
- You can start in one place and try get to a finish point, if you get to the finish point without touching the floor you gain a point.
- This game can also be done on a time limit.

MAKE IT EASIER...

Have more items to use to get from one area to the other.

MORE OF A CHALLENGE

Have less items to use.
Distance of the items to be further away.

MAKE IT INCLUSIVE

Any items can be used to get from A-B such as a sofa.

EQUIPMENT NEEDED

- Chalk to draw the stepping stones.
- Pillow cases, cushions, chairs, other alternatives of your choice.



How can you demonstrate passion throughout this challenge?

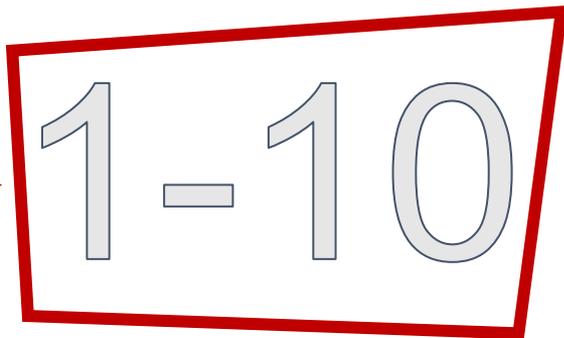
LEAD OTHERS

Competition to see which family member can get the most points in a set time.

EFYS

LOCOMOTION

WEDNESDAY



30mins

ACTIVITY

Number Run

- To start the game you need to have pen and paper.
- Use your pen and go through as many numbers as you wish could be 1-10 on the paper, each piece of paper should have 1 number on it.
- Once the numbers have been made ask someone to hide them around your home.
- The aim of the game is to find the numbers that have been placed around your home once a number has been called such as; "1" - you would then need to go find the paper that has 1 on it. Once found move onto another number.
- You can say just one number or you may wish to say two to work on their maths, such as; $1+1=2$ so you would go find the number 2.
- Can you perform different ways of moving to find the items?

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 numbers, such as underneath, behind, on top of objects.
Point system for each time a number that has been found.
Time limit to find the numbers.
Use maths questions such as addition and subtraction.

MAKE IT INCLUSIVE

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

EQUIPMENT NEEDED

- Paper
- Pen.



How can you demonstrate self belief throughout this challenge?

LEAD OTHERS

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

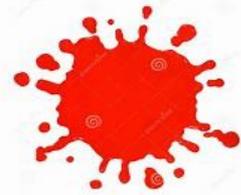
EYFS

SENDING AND RECEIVING

THURSDAY



30mins



ACTIVITY

Number/picture Splat

- Using pen and paper you can number each sheet of paper, or you may wish to draw a picture.
- Once the paper has been completed these pieces of paper will be around your home stuck on things such as; stuck on the wall, stuck on the outside of a laundry basket.
- The participant will have rolled up socks or an alternative, a number or picture will be called and the participant throws the socks and the piece of paper acting as a target.

EQUIPMENT NEEDED

- Pen and paper
- Items such as; rolled up socks, scrunched up paper or an alternative.



How can you demonstrate determination throughout this challenge?

MAKE IT EASIER...

Have the paper in easier places for the participant to aim at.

MORE OF A CHALLENGE

If you have access to more paper use them so you have more target zones.
Move the targets higher up/ lower down in obscure positions.
Have a time limit to aim into the targets.

MAKE IT INCLUSIVE

This could be adapted by sitting on a chair or on the floor and throwing the items towards the target zones.

LEAD OTHERS

Take it in turns with a family member and see who gets the most points.

EYFS

FRIDAY

SENDING AND RECEIVING



30mins



ACTIVITY

Parachute pop

- Using a bed sheet or an alternative one participant will have hold of one side and the other person has hold of the opposite side.
- Using soft items such as; rolled up pair of socks, place the socks in the centre of the bed sheet.
- You will then shake the bed sheet and challenging yourselves to how many times the socks go in the air and land back on the bed sheet.

EQUIPMENT NEEDED

- Bed sheets/towel
- Soft items such as; rolled up socks or scrunched up paper.



How can you demonstrate passion throughout this challenge?

MAKE IT EASIER...

Having less rolled up socks to start the game and then increase the amount.

MORE OF A CHALLENGE

Add in a point system each time it goes in the air and lands back on the sheet.
Add more items in the middle to be able to juggle with.

MAKE IT INCLUSIVE

This could be adapted by sitting down on a chair and holding the bed sheet.

LEAD OTHERS

Challenge with the family to see how long you can keep the items on the sheet for.