

## Activity Ideas 1

### Challenge: Star Jumps

Get someone to help you with the timing. The challenge is to complete as many star jumps as you can in what you THINK is 30 seconds. When you think you have done them for 30 seconds, shout stop and the person timing stops. Record your star jumps in the table and also the actual time you took. Best of 3 - see which one is the closest

	Attempt 1	Attempt 2	Attempt 3
Number of Star Jumps			
Actual time completed			

### Skill: Catches

Using a Tennis ball, throw it up in the air and see how many claps you can get before you need to catch it again. Think about the power of the throw and where you are throwing it. It is all about hand eye coordination! The target is 8 - see how many you can get best of 3

	Attempt 1	Attempt 2	Attempt 3
Number of claps			

### Outdoors: Sound Safari

Think of the sounds you hear often when you go for a walk near where you live. Make a chart of these sounds and when you go for a walk, take the chart with you and see how many of the sounds you hear. Put a tick next to it each time you hear them. You can do this more than one and see if you hear different noises when you go another time and compare what you find.



### Movement: Yoga

How about trying some Cosmic Kids Yoga. A great way to exercise, feel relaxed and work through a story at the same time! There are lots of options on YouTube, below is the link to one.

[https://www.youtube.com/watch?v=j\\_3weVPH0-U](https://www.youtube.com/watch?v=j_3weVPH0-U)

### Quiz:

For something a little bit different how about trying this animal Pictionary game. Guess the animal being drawn by CBBCs Rory. See how many you can get right!

<https://www.bbc.co.uk/cbbc/quizzes/bp-rorys-pictionary-quiz>

## Activity Ideas 2



### Challenge/Skill: 12 interesting challenges and skills to try

These challenges will help develop creativity and problem solving skills. More importantly, you will build your confidence as you succeed! [Challenges for kids](#)

### Outdoors: take your pick!

1. Do some painting outside
2. Go on a bug hunt
3. Play with the water hose
4. Run through a sprinkler
5. Melt crayons in the sun
6. Play in a sandpit
7. Investigate the garden with a magnifying glass
8. Paint some stones or rocks with watercolours
9. Play Angry Birds with water balloons
10. Ride a bike or scooter around the garden or block
11. Plant something in the garden
12. Make some bird feeders
13. Wash the car
14. Go on a nature scavenger hunt
15. Have a family meal outside
16. Jump in puddles
17. Have a football shootout
18. Make a nature collage
19. Go for a walk
20. Colour the patio or path with chalk
21. Play catch with a ball
22. Read a book outside
23. Go on a photo scavenger hunt
24. Go on a sound safari
25. Make a leaf scrapbook
26. Make a treasure map and find treasure
27. Host a mini Olympics in the garden or outside
28. Pick flowers and paint with them
29. Find shapes in the clouds
30. Go bird watching

### Movement: BORN TO MOVE

How about trying some of these moves! Les Mills BORN TO MOVE takes the effort out of physical activity by making it fun - [BORN TO MOVE](#)

### Quiz:

1. What only comes down but never goes up?
2. Which month has 28 days or more?
3. If you drop a yellow hat in the red sea what does it become?
4. What is in the middle of Paris?
5. Which word is spelt wrong in every dictionary?
6. Which singing voice is the highest pitch? Soprano, tenor or baritone?
7. What is a Blue Whale's heart the same size as?
8. Which is the biggest spider in the world?
9. On a normal computer keyboard which number does \* share a key?
10. Who was the first twitter user to reach 20 million followers?
11. What animal can run the fastest: an elephant, squirrel or a mouse?
12. Which fruit is the most popular and most consumed in the world?

## Activity Ideas 2



### Answers

1. Rain
2. All months in a year have 28 days and more
3. Wet
4. 'R'
5. 'Wrong'
6. Soprano
7. A small car
8. Tarantula
9. 8
10. Lady Gaga
11. An elephant can reach a speed of 25mph. Squirrel is 20mph and a mouse is mph.
12. Banana – more than 40 tonnes of banana are consumed each year

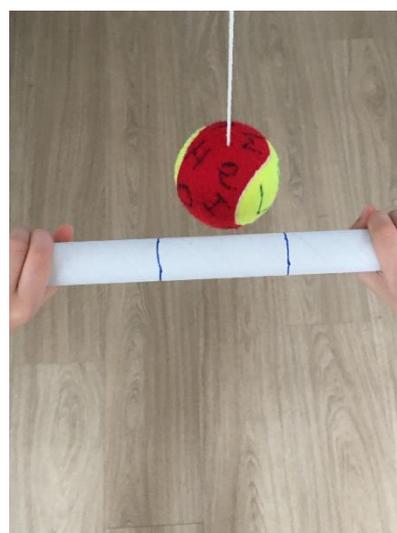
## Activity Ideas 3



### Challenge

**Equipment** – 1 tennis ball or sponge ball. A piece of string. A tube from a roll of cling film. Somewhere to hang the ball i.e. a door frame.

**Activity** – Make a hole in the ball and thread the string into the ball with enough string left out so that when hanging the ball drops down to around your eye height. Then push the ball away from you and practice batting it backwards and forwards with both your left and right hand. Challenge yourself to hit the ball with just your weaker hand, or 5 times on each hand or alternate hands. This activity can be extended by using the inside tube from a roll of cling film and holding it at either end and batting the ball backwards and forwards in a controlled manner.



### Skill

**Equipment** – 1 tennis ball or sponge ball. A piece of string. Somewhere to hang the ball i.e. a door frame.

**Activity** – Make a hole in the ball and thread the string into the ball with enough string left out so that when hanging the ball drops down to around your eye height. With a partner bat the ball backwards and forwards then take it in turn to tell them to catch the ball. They have 3 options of catching it, either with their fists, palms or fingers. Count how many times you can catch the ball using these methods.



## Activity Ideas 3



### Outdoors

**Equipment** – An outdoor space i.e. a garden, field, wooded area.

**Activity** – Stand in the middle of your outdoor space. Decide which is North, South, East and West. The activity leader asks you to run to any point on the compass (remember you can do all points i.e South West etc). Once there gather something from the outdoors i.e. a leaf, a stone, a flower, a pine cone etc. Once you have gathered enough (or run enough) take your haul and make it into a word or a picture. You can take your haul home and make it into some further artwork.

### Movement

Obstacle Course in your home

**Equipment** – Here are some ideas of equipment, obviously you will need to adapt ideas to what you have! Paper & Pens, Cushions, Bucket, Ball, Socks, Hats, Pillows, Plastic cups.

**Activity** – This obstacle course can be amended in a variety of ways but here is an example;

- Start by drawing a self portrait;
- Next – Use a cushion to make a speed bounce and have 20 seconds jumping over the cushion
- Next – Have 5 goes to throw a ball into a bucket about 5 metres away.
- Next – Time Tables challenge – Answer 10 times tables questions and for each one answered correctly your team mate could put on an item of clothing (hat, jumper, shorts etc)
- Next – Have a pile of individual socks about 5 metres away. Ask them a question such as name 3 animals that live in the sea. When answered they have to go and match a pair of socks together. Repeat this until all socks are paired up.
- Next – Hold up a pillow on a bed. They have to rugby tackle it 3 times.
- Next – Get a ball and dribble it between the plastic cups and then score a goal.

### Game / Quiz

**Equipment** - 1 tennis ball or sponge ball. A piece of string. With a marker pen write letters all over the ball so that they can be read. Somewhere to hang the ball i.e. a door frame.

**Activity** - Make a hole in the ball and thread the string into the ball with enough string left out so that when hanging the ball drops down to around your eye height. Put 1 minute on a timer. The 'quiz master' swings the ball and the contestant reads a letter from the ball, the 'quiz master' asks a question related to that letter. For example the contestant says 'M' so the question may be – Name 3 football teams beginning with M – Answer Manchester United, Manchester City, Millwall. Then ask for another letter and give another question until the minute is over.

## Challenge: Rebound & Catch

### EQUIPMENT:

- Tennis ball or any sized ball that can be caught with 2 hands

### INSTRUCTIONS:

*See how many you can do in 1 minute then try and beat your score*

- Using an outdoor wall can you bounce the ball and catch with 2 hands
- Can you now bounce the ball and catch with 1 hand

### TIPS:

- Keep your eyes on the ball
- Push the ball towards the wall with an underarm throw
- Set yourself in a ready position with knees bent and 'W' shape with hands

## Skill: Agility & Coordination

Please note if you do not have cones or tennis balls you can use masking tape for markers and rolled up socks for balls.

### Aim:

Starting at the white cone (marker), complete the run as quickly as possible, transferring the ball (rolled up socks) across to the corresponding coloured cone (Marker) 1 by 1 before sprinting back.

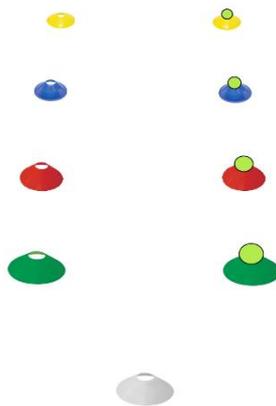
### Skill:

Agility: Moving quickly in different directions

Coordination: Pick up with one hand and transfer to the other hand before placing the ball (rolled up socks) down.

### Set-up:

Four pairs of different coloured cones (markers) are set up at 2 metre intervals, each 3 metres wide.



## Outdoors: Scavenger Hunt

When going out for your daily exercise why not challenge yourself to capture the following with either a camera or phone:

No.	How many of the following can you find?	Tick to keep track
1.	Car	
2.	Cloud	
3.	Leaf	
4.	Squirrel	
5.	Insect	
6.	Bench	
7.	Flower	
8.	Bird in the sky	
9.	Chimney	
10.	Nest	
11.	Stick	
12.	Grass	
13.	Feather	
14.	Road Sign	
15.	Dog	

## Movement: Fundamental skills

### Funetics activity videos

England Athletics and funetics have fast forwarded the launch of our new funetics activity videos, originally planned for launch this Autumn as part of our public launch of our new funetics programme. The videos demonstrate parents and children (aged 4-11) taking part in FUN activities based on fundamental core movement skills: running, jumping and throwing.

Funetics is a programme that has been designed to reflect the requirements of the National Curriculum Key Stage 1 and 2. At this time when our children are currently schooling at home, we hope that these video activities will support the need for education to continue at home.

To view the videos click the following link:

[https://funetics.co.uk/for-parents/funetics-activity-videos/?utm\\_source=emailmarketing&utm\\_medium=email&utm\\_campaign=fathletics\\_and\\_running\\_for\\_everyone\\_home\\_edition\\_2&utm\\_content=2020-04-03](https://funetics.co.uk/for-parents/funetics-activity-videos/?utm_source=emailmarketing&utm_medium=email&utm_campaign=fathletics_and_running_for_everyone_home_edition_2&utm_content=2020-04-03)

Some of the activities you can expect to see:

- Ball Relay
- Bean Bag Balance
- Head Shoulders Knees and Toes
- Speed Bounce
- Standing Triple Jump
- Target Jump

## Game: Wordsearch

Can you find the all the different sports in the wordsearch?

### sport

D	B	A	G	N	E	L	A	M	C	I	B	L	A
A	H	I	S	C	I	T	S	A	N	M	Y	G	E
N	O	U	A	A	I	A	T	B	F	L	O	G	B
C	C	N	R	A	T	H	L	E	T	I	C	S	A
E	K	L	U	O	E	E	N	G	Y	Y	L	A	S
L	E	B	G	S	S	E	O	N	G	K	B	M	K
N	Y	E	B	U	T	T	E	I	T	Y	H	H	E
W	L	M	Y	B	T	N	I	M	C	L	A	M	T
L	Y	S	A	N	K	A	G	M	B	B	N	S	B
F	D	L	S	T	T	T	K	I	D	S	D	N	A
H	L	S	I	N	N	E	T	W	S	A	B	I	L
A	T	K	W	H	H	F	C	S	K	I	A	L	L
C	T	G	N	E	B	I	D	L	R	B	L	I	A
F	O	O	T	B	A	L	L	B	S	A	L	A	A

SWIMMING  
FOOTBALL  
TENNIS  
HANDBALL  
BASKETBALL  
GYMNASTICS  
RUGBY  
NETBALL  
HOCKEY  
ATHLETICS  
DANCE  
GOLF

## Challenge: Squat Jump

How many squat jumps can you do in 30 seconds? To complete, go down into a squat position and push upwards into a jump.

## Skill: Target Throw

Set up some targets that are a variety of distances away from you. The furthest one away will be 10 points. The middle one will be 5 points and the closest one to you will be 1 point. Keep track of your score and then try to beat it.

## Outdoors: Sound Safari

When out on a walk write down all the different noises that you hear. When you get home can you then draw a picture of what you heard.

## Movement: imoves Video

<https://imoves.com/the-imovement>

## Games: Tail Games

Use a small towel or old t-shirt to hang down from trousers/shorts like a tail. Everyone playing the game should have a tail. The aim of the game is to pull other peoples tails out without getting yours removed. The last person to still have a tail is the winner.

## Challenge: Tuck Jumps

How many tuck jumps can you complete in 60 seconds?

To complete a tuck jump, jump up as high as you can whilst bending your knees into your tummy and lifting your heels high.

## Skill: Overarm throwing

Overarm throwing is an important part of many fun activities and sports such as Cricket, Rounders, Dodgeball, Javelin and even Football (for throw-ins and goalkeeping).

Here are some tips to think about when you are completing a basic overarm throw:

1. Stand straight while facing the target holding the ball in your dominant hand.
2. If you are throwing with your right hand, turn sideways to the target so your left arm/foot are in front and right arm/foot is behind. If you are throwing left handed, stand the other way around.
3. Place your feet about shoulder-width apart
4. Lift your left arm so it is pointing at the target you want to hit. While doing so, shift your weight by leaning slightly onto your back foot.
5. Lift your throwing hand so the ball is near your right ear.
6. Finally, in a single motion, shift your weight forward, drop the pointing arm, twist your body and bring your throw arm forward to release the ball.

Set up three targets different distances away. Depending on space and level of ability use a rolled up sock, small soft ball or nerf to practice your overhand throwing, see if you can reach all three targets.

## Outdoors: Travelling

**Healthy | Active | Physical | Positive | You**

Whilst out on a walk, how many different ways can you travel with your body other than walking, i.e. skipping, hopping, jumping, jogging, side stepping? Use different landmarks i.e. lampposts or trees to set yourself targets to reach whilst completing each different way of travelling.

## **Movement: Cosmic Kids Yoga**

<https://www.youtube.com/user/CosmicKidsYoga>

## **Game: Pictionary**

Pictionary is a fun game where one player has to draw a picture to represent a word, and the other player has to guess the word correctly from the drawing.

How to play: Write down different words i.e. boat on pieces of paper and drop them in a bowl. Ask your child to pick out a word and draw it on some paper or whiteboard, without telling you what it is. Alternatively, you can draw and they can guess. See how many you can complete in 5 minutes.

**#BeHAPPY**