

Sports Day at Home

Activity 1 – Hopscotch

Key areas of learning:

- Numeracy - Number

What you will need:

- Cardboard boxes or paper/card
- Paint or marker pens
- Counter/bean bag to throw onto the card (you can create your own bean bag by filling a bag with rice or lentils)

Keywords:

Numbers 1-10

What to do:

- Cut the cardboard/paper big enough for child to jump on
- Place numbers 1-10 on the individual squares
- Throw counter/bean bag onto the number squares and identify which number it landed on.
- Next, jump onto each number square, counting as you go along.

Extension:

- Place the numbers in a different order, e.g. backwards.
- Swap numbers for coloured spots to encourage colour recognition.

Attachments:

- N/A



Activity 2 – Egg and Spoon Race

Key areas of learning:

- Turn taking and working cooperatively

What you will need:

- Eggs (real or plastic!)
- Spoons (large ladles work well)
- Paint or felt tip pens

Keywords:

'Ready, steady, go!' Race, Your turn, My turn

What to do:

- If using real eggs, boil them and once cooled, use paint or felt tips to decorate them.
- Hold your egg and spoon race and where appropriate, turn this into a relay race with family and/or friends.

Extension:

- Use this as an opportunity to learn about emotions by drawing happy/sad faces onto the eggs and labelling with emotions symbols.

Attachments:

Emotions communication board



Activity 3 – Target Games

Key areas of learning:

- Hand-eye coordination
- Gross Motor Skills – throwing with accuracy

What you will need:

- Containers , e.g. washing up bowl, buckets
- Chalk
- Items to throw, e.g. balls, soft toys

Keywords:

‘Throw it’, ‘roll it’, in, out

What to do:

- Put the bowls / buckets at varying distances and throw the balls / soft toys, aiming to get them inside.
- Alternatively, draw different sized circles with the chalk and aim to throw the items inside.

Extension:

- Write numbers onto the containers and ask you child to aim to particular numbers.
- Order the containers in size order. Which is the biggest? Which is the smallest?

Attachments:

N/A

Activity 4 – Racing Track

Key areas of learning:

- Gross Motor Skills
- Team work

What you will need:

- Create a track around a room or outside area (chalk and masking tape both work well).
- Bike, scooter or pram

Keywords:

‘Ready, steady, Go!’, finished, start, stop

What to do:

- Ride, scooter or push a pram around the track. Try to stay within the boundaries of the track!

Extension:

- Introduce vocabulary such as ‘start’ and ‘stop’ and support your child to respond appropriately to them.

Attachments:

‘Start’ and ‘stop’ symbols

Activity 5 – Sack Race

Key areas of learning:

- Gross Motor Skills
- Balance

What you will need:

- Pillow cases or old material

Keywords:

Feet together, Jump, start, finish

What to do:

- This activity is best enjoyed with more than one person taking part! Have a starting line and a finish line. Stand in a line with your feet together and jump to the finish line.

Extension:

- Use ordinal numbers (1st, 2nd, 3rd, etc) to identify which position everyone finished the race in.

Attachments:

N/A

Activity 6 – Obstacle Course

Key areas of learning:

- Communication – following instructions and positional language

What you will need:

- Cushions
- Pillows
- Chairs/bench
- Tables
- Tunnel/make a hole through a big card board box
- Door mat/foam mats

Keywords:

Over, under, through, around, run, stop, sit, crawl, jump

What to do:

- Start by crawling on your knees into the tunnel, go through the tunnel out onto a chair. Sit on the chair and turn towards the table, with the help of a cushion, crawl on your tummy under the table. Get out and jump on to the door mat.
- Written numbers on the floor can be used to jump from one number to the next instead of stepping stones/door mat.
- Can be adjusted to suit child's ability and available resources at home.

Extension:

- Try doing it backwards

Attachments:

- <http://www.crumbbums.com/?p=3235>

Activity 7 – Yoga

Key areas of learning:

- Communication
- Turn taking
- Self-regulating
- Number
- Reading
- PE

What you will need:

- Free floor space
- Garden (optional)

Keywords:

Breathe, In, Out, Roar, Hum, Tummy, Knees, Relax

What to do:

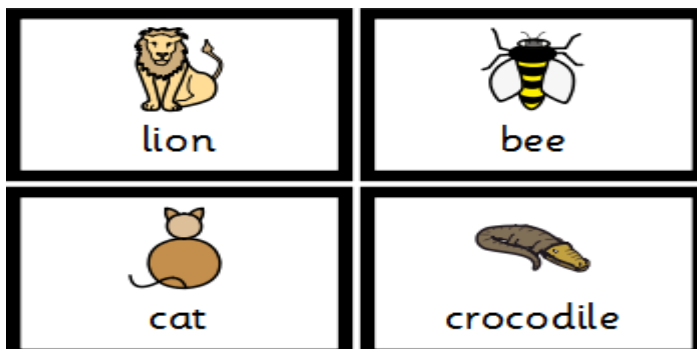
- Encourage your child to read through different sentences and copy what each animal does

Extension:

- Include animal symbols of each animal to extend the activity and choose an animal for different players
- Incorporate and allow your child to make their own animals and different movements
- Include animal sounds

Attachments:

- Animal symbols





- Go to the floor on all fours
- Take a deep breath through your nose
- Open your mouth as big as you can
- Stick your tongue out / Open eyes wide
- And, ROAR!



- Breathe in
- Breathe out with your mouth closed, while you HUM like a bee
- Repeat this breathing sequence for a few minutes



- Kneel on all fours
- Breathe in as you lift your chin and tilt your head back
- Breathe out while you slowly raise your back towards the ceiling and you lower your head



- Lie on your tummy
- Fold your arms above your shoulders and rest your head on them
- Breathe in & out and relax

SUPER FUN YOGA BREATHING FOR KIDS

Activity 8 – Alphabet PE

Key areas of learning:

- Communication
- Reading
- Number
- Turn Taking
- PE

What you will need:

- Free floor space
- Garden (optional)
- Pen and paper

Keywords:

Alphabet letters, Spell, What's next, Ready Steady Go

What to do:

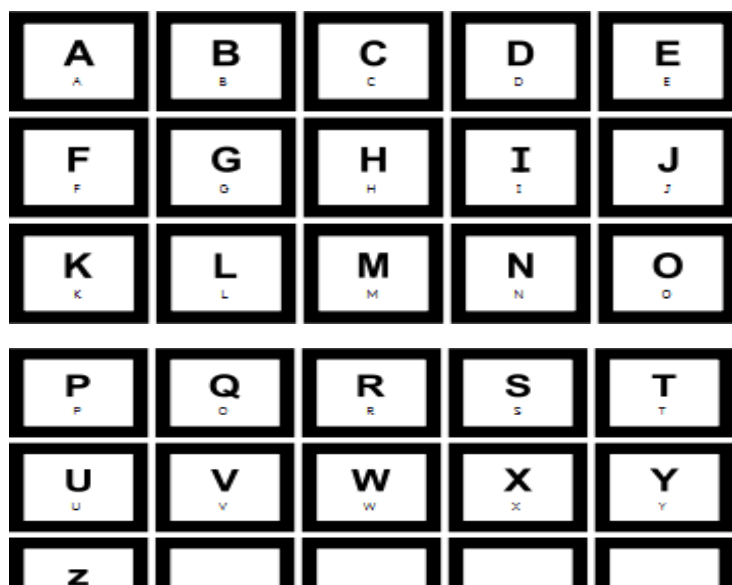
- Encourage your child to write their name on a piece of paper then read each letter and copy the actions

Extension:

- Try and do other players' names
- Add your child's surname
- Choose different objects or animals to write then copy

Attachments:

- Letter symbols



SPELL YOUR NAME

Activity for KIDS

A Chomp your arms 10 TIMES like an ALLIGATOR

B Bounce up and down 15 times

C CLAP your hands above your head 10 times

D DANCE around like a Monkey for 2 minutes

E Pretend you are an ELEPHANT for 20 seconds

F FLAP your arms like a bird 20 times

G GALLOP like a horse for a minute

H HOP like a bunny 20 times

I 10 Jumping Jacks and high as possible

J JUMP on one foot for the count of 10 then switch feet and jump 10 more times

K 10 Side KICKS on each leg

L Squat down and JUMP up high 10 times

M Shake your HIPS side to side for the count of 15

N 10 TOE touches

O Pretend you are an OCTOPUS and swing your arms around for 5 seconds

P 15 AIR Punches

Q Stretch up high to the sky and then touch the floor 10 times

R Jump Like a FROG 10 times

S Skip for 20 seconds

T Go up on your tip toes and back down 10 times

U 20 Elbow to your Knee touches

V Put your hands on your hips and twist left to right 10 times

W WIGGLE all over for 10 seconds

X MARCH like a soldier for 30 Seconds

Y Kick back like a DONKEY 10 times on each leg

Z Jump with your feet together 10 jumps forward

Activity 9 – Body Parts

Key areas of learning:

- Science - to match, identify and name body parts

What you will need:

- Body part symbol cut outs (see below)
- Sellotape

Keywords:

- Stick, more, body part names (arm, leg, etc)

What to do:

- Form two teams and race to put as many of the body part symbols in place on their team member as possible
- If there is just one adult and one child use body part symbols and time how many they can put in place in 2 minutes. Repeat and see if they can get quicker.

Extension:

- Ask child to draw features on the post it notes themselves and put into the correct position.
- Progress to identifying more complex body parts and internal organs.

Attachments:

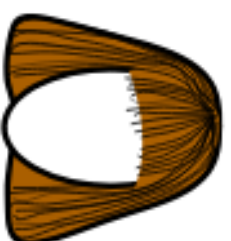
- Body part symbols (see below)



head



eyes



hair



nose



ears



mouth



leg



arm



feet



hands



knee



elbow

Activity 10 – Dressing Up

Key areas of learning:

- Maths\Science/Communication - matching clothing to the correct body parts

What you will need:

- Assorted clothing: socks, shorts, t shirt, sun hat, glasses, sandals/flip flops

Keywords:

- socks, shorts, t shirt, sun hat, glasses, sandals/flip flops

What to do:

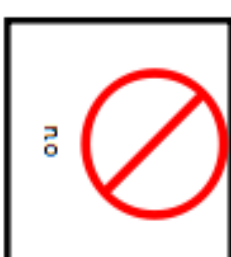
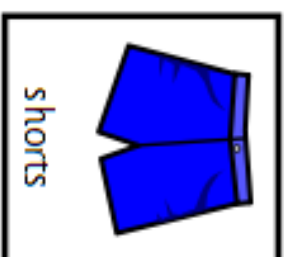
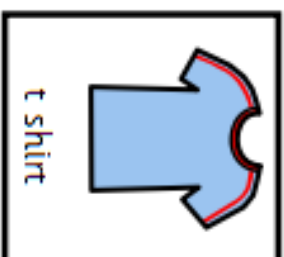
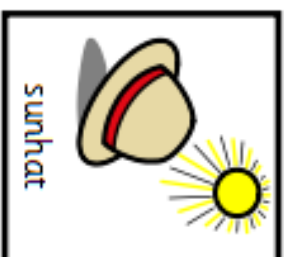
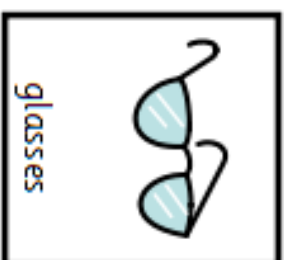
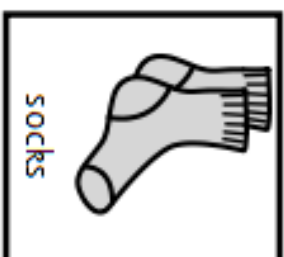
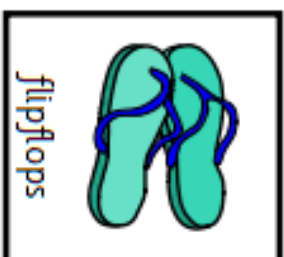
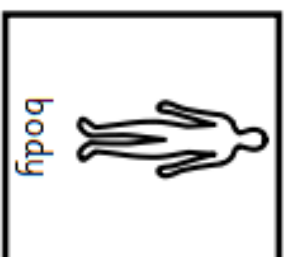
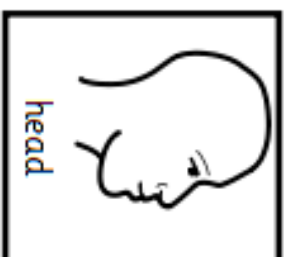
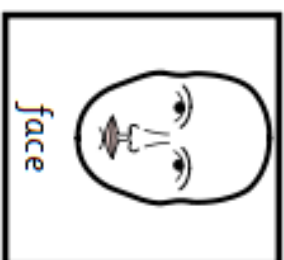
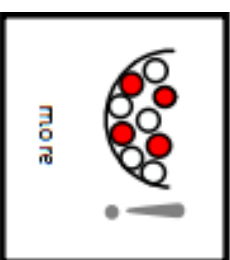
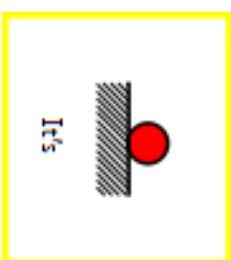
- Play as a team game or with a sibling or parent/carer.
- Lay out the clothing individually in a line either horizontally or vertically
- Child to take individual bits of clothing and to put them onto the correct part of the body.
- The aim of the game is to dress the sibling/parent/carer first, if playing a team game or as quickly as you can against a timer.

Extension:

- Use communication board to name items of clothing and identify which part of the body it goes onto.

Attachments:

- Communication board of items of clothing and body parts (see below)



Activity 11 – Water Play

Key areas of learning:

- Maths – Space and Measure
- Communication
- Hand-eye coordination

What you will need:

- Bowl of water
- Cup
- Container

Keywords:

- Full, empty, bowl, cup, fill, tip, pour, hand, head

What to do:

- Find a space outside
- Fill a bowl of water and place it on a flat surface. Put an empty container a distance away.
- The aim is to use the cup and move water between the bowl and the container and get as much of the water into the container without spilling any.

Extension:

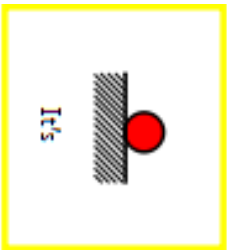
- Make it a race against the clock. How much can be moved in one minute? How long does it take to empty the washing up bowl?
- Try carrying the cup on a different body part e.g. balanced on an open hand, balance the cup on your head.

Attachments:

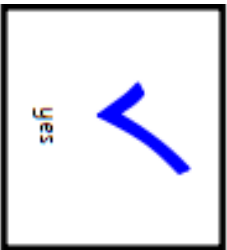
- Communication Board (see below).



Where



It's



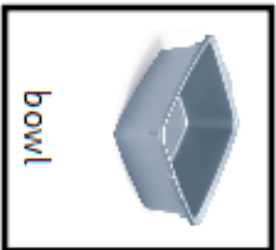
yes



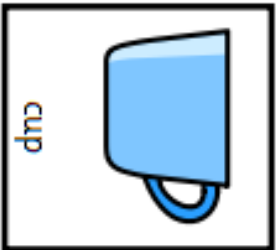
water



race



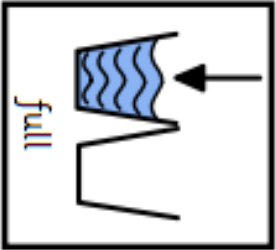
bowl



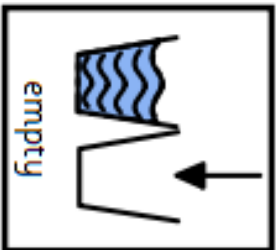
cup



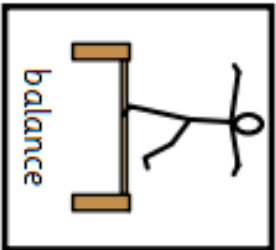
jug



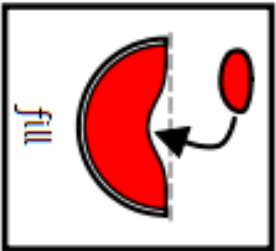
full



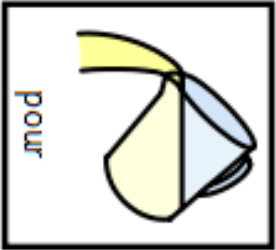
empty



balance



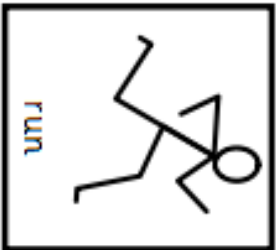
fill



pour



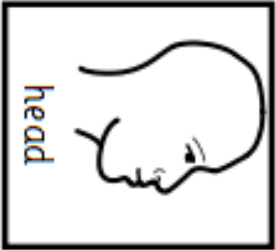
walk



run



hand



head



no symbol



fun is head



no

Activity 12 – After-Sports Milkshake

Key areas of learning:

- Maths – Space and Measure, Number
- Science – Physical Processes, Changing Materials
- Communication

What you will need:

- Ice cream
- Milk
- Banana/strawberries/chocolate powder

Keywords:

- Ingredient names, mix, mash, stir, pour, cold,

What to do:

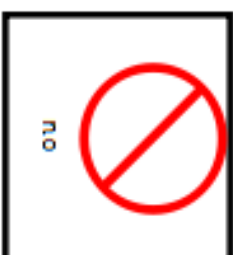
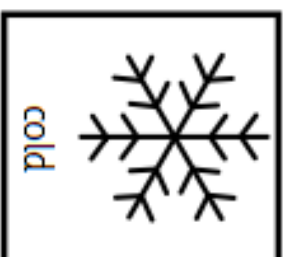
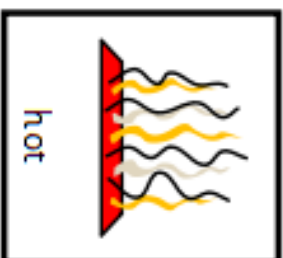
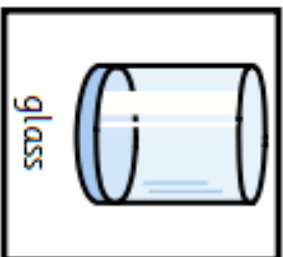
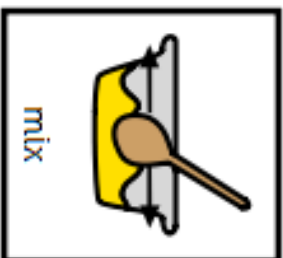
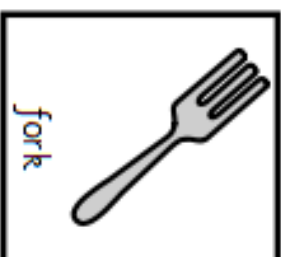
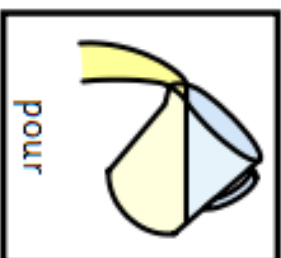
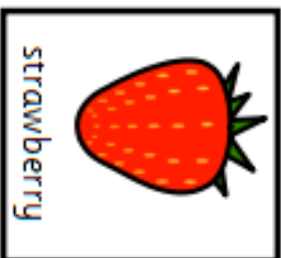
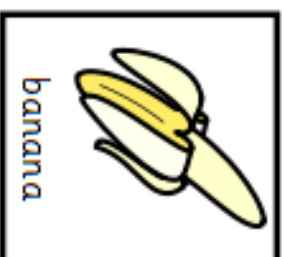
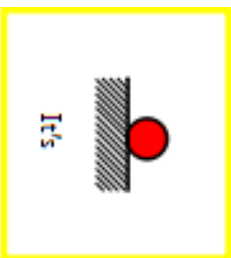
- Put a scoop of ice cream into a bowl
- Mix in some milk with a whisk or fork
- Mash some banana or strawberry or scoop some chocolate powder and add to the ice cream and milk
- Mix together
- Pour into a glass and drink

Extension:

- Pupils to match ingredients to symbols on communication board
- Pupils to comment on what they are doing
- Pupils to identify hot and cold
- Pupils could find other things hot/cold.

Attachments:

- Communication board (see below).



Activity 13 – Warm up / Cool down

Key areas of learning:

- Communication
- Intensive interaction
- Biology
- Number
- Reading
- PE

What you will need:

- Free floor space
- Garden (optional)
- Music (optional)

Keywords:

Stretch, bend, In, Out, tall, small, wide, warm, faster, slower, “body parts”

What to do:

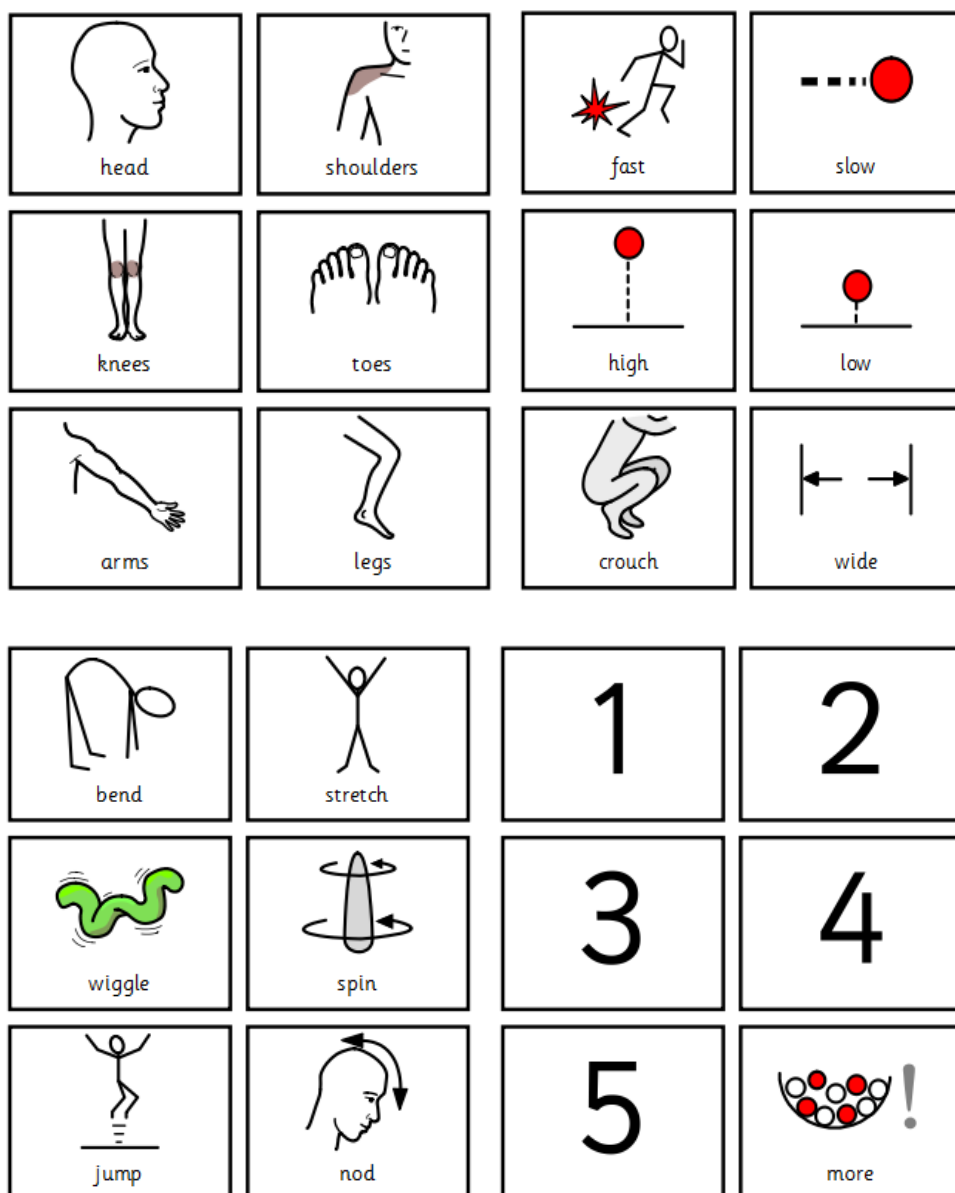
- Encourage your child to read through the different symbols, choose a body part and how to move.

Extension:

- Encourage your child to identify their body parts independently
- Incorporate music, and move at different speeds
- Take turns to lead and copy
- How many times? Counting movements

Attachments (see below):

- Body part symbols
- Movement symbols
- Speed symbols
- Counting symbols



Activity 14 – Balloon Olympics

Key areas of learning:

- Turn taking/team work
- Number
- PE
- Communication
- Reading/writing

What you will need:

- Space – in or outdoor
- Score board – stickers
- Balloons – different sizes
- Cones/chair/jumpers for goal posts

Keywords:

Race, win, lose, fast, quick, big, bigger, little, blow, stop, ready steady go

What to do:

- Write names on score board – encourage your child to write, copy, trace or mark make
- Suitable for 2-100 people. Choose teams if there are lots of players.
- Encourage your child to choose a race – can they blow the balloon up themselves? Allow child to choose big or little balloon
- **Balloon race** – walk to cone/jumper and back again, holding the balloon between your knees. If you drop it, go back to the start. Once you have got to the finish line put the balloon on a chair, who will be the first to pop it with their bottom?
- **Balloon keepie-uppie** - how long can you keep the balloon off the floor, count how many touches using hands, feet and head.
- **Penalty shootout** - Use cones/jumpers/chairs as goal posts, take turns to be the shooter and the goal keeper, count how many goal.
- **Balloon tennis** – hit the balloon to each other using your hands, if you miss and the balloon hits the floor your opponent wins a point – first to 10 points is the winner
- **Balloon on a spoon race** – balance your balloon on a spoon and walk to the cone/jumper/chair very carefully, don't drop the balloon, can you do it without touching the balloon? – if outside, fill the balloon with water.

Extension:

- Get a sticker for every game you win. At the end of the Olympics, count how many stickers, who is the winner?
- Make a trophy/cup/medal for the winner

Attachments:

- Choosing symbols and score board (see below).

Names	Balloon and spoon race	Balloon between knees	Balloon tennis	Balloon keepie uppie	Balloon shootout

