

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
Simon Says

Equipment needed
✓ Space
✓ Music

School Games value



TUESDAY

Activity overview
Sensory Course

Equipment needed
✓ Space
✓ Different items around different areas

School Games value



WEDNESDAY

Activity overview
Yoga

Equipment needed
✓ Space
✓ Relaxing music

School Games value



THURSDAY

Activity overview
Beach ball catch/ kick

Equipment needed
✓ Space
✓ Beach ball
✓ An item that could represent a beach ball

School Games value



FRIDAY

Activity overview
Stocking Ball Kick

Equipment needed
✓ Stocking or log pair of socks
✓ 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

Simon Says

- Using simon says or your name specific movements in a space of your choice.
- Making sure there is enough space to perform the movements you want them to do.
- Simon says run, you run! Simon says jump, you jump. If HOP is just shouted and you was to hop you are out of the game or lose a point.

EQUIPMENT NEEDED

- Space
- Music as time limit if you wish



How can you demonstrate self belief throughout this challenge?

MAKE IT EASIER...

Saying the words slowly for children to understand.

MORE OF A CHALLENGE

Say the words quicker so children have to think quickly.

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. When jumping or hopping making sure knees are bent. Working on quick reaction to 'freeze' and stay balanced.

LEAD OTHERS

Create a point system for your family and see who gets the most points

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LOCOMOTION

TUESDAY



30mins



ACTIVITY

Sensory Course

- Use a starting point and a finishing point as an obstacle race.
- Items that you can find and use are placed in areas around the space you wish to use such as; bowl of water with a spoon in the bowl.
- Certain items will be asked and you must find those items before moving onto the next sections.
- Such as; find the spoon, the spoon would then be placed at the side of the bowl and then continue onto the next stage.
- Game can restart with different items to be found.

MAKE IT EASIER...

Start with less items to find.

MORE OF A CHALLENGE

Progress to more items to find.
Have a time limit to complete the course
Collect the items and place them in a specific zone.

MAKE IT INCLUSIVE

Any area can be used of your choice, items can be placed in different areas, heights etc.

EQUIPMENT NEEDED

- Space
- Any items that you can find or use



How can you demonstrate passion throughout this challenge?

LEAD OTHERS

Competition to see which family member to see who can complete the course the quickest.

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LOCOMOTION

WEDNESDAY



30mins



ACTIVITY

Yoga

- Set up a yoga corner in a room where it is calm and time to relax.
- You can use the link below if you wish;
- <https://www.youtube.com/watch?v=Jo3ga3Vv6vQ>
- You may wish to use another clip.
- You also may wish to play some calm music to work on breathing techniques as well as specific movements.
- Using the movements you can imagine children are acting as something such as;
 - You are a tree
 - Planting seeds
 - Pretending to be flying a bird

MAKE IT EASIER...

Following the link attached

MORE OF A CHALLENGE

Create your own movements whilst listening to cal, music
Using the whole of your body

MAKE IT INCLUSIVE

Children can be sat down doing this at any height such as being on a chair.

LEAD OTHERS

Try a yoga session with a family member.

EQUIPMENT NEEDED

- Space
- Music



How can you demonstrate self belief throughout this challenge?

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SENDING AND RECEIVING

THURSDAY



30mins



ACTIVITY

Beach Ball Catch/ Kick

- Using a beach ball or an item that can represent a ball.
- You can do this on your own or have a partner.
- Using a beach ball throwing and catching individually.
- Using a partner throwing and catching to each other.
- Using a wall where the ball will bounce back to you.
- You can also kick the beach ball as oppose to throwing and catching.

MAKE IT EASIER...

- Stand closer together with a partner
- Stand closer to a wall

MORE OF A CHALLENGE

- Stand further away from a partner or wall
- Add a move such as; clap, spin, touch the floor before catching the ball

EQUIPMENT NEEDED

- Beach Ball
- Space
- Item that can represent a ball.



How can you demonstrate determination throughout this challenge?

MAKE IT INCLUSIVE

This could be adapted by sitting on a chair and processing the same actions.

LEAD OTHERS

Take it in turns with a family member and see who gets the most, without dropping the ball.

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SENDING AND RECEIVING

FRIDAY



ACTIVITY

Stocking Ball Kick

- Using a stocking, tights or a long pair of socks, place a small soft ball or an item that can represent a ball inside the stocking.
- Holding the stocking with one of your hands in front of your body.
- At a suitable height that the ball is in front so you can use one of your feet to kick the ball.
- Once kicked the ball, try and kick it again and so on.

EQUIPMENT NEEDED

- Space
- Soft item that can represent a ball.
- Stocking or long pair of socks



How can you demonstrate passion throughout this challenge?

MAKE IT EASIER...

- Someone to hold your shoulder for balance
- Someone to hold the stocking for you

MORE OF A CHALLENGE

- Point system for how many you can achieve in a set time

MAKE IT INCLUSIVE

- This could be adapted by sitting down on a chair, but also if you didn't want to kick you could use your arm

LEAD OTHERS

- Challenge with the family to see who can get the most in a set time