

Health and Wellbeing

Physical Activities EYFS/KS1

Treasure Run!

You will need: Cones (or rolled up socks!) Items of treasure: Small objects such as balls, soft toys or even make your own coins!

In your garden, lay out 5 cones in a straight line with some treasure at the end. Each time you run through the cones, collect a piece of treasure to take back to the start line. How much treasure can you collect in one minute?

Easier: Fewer cones, wider gap between cones
Harder: More cones, must touch each cone with one hand, Add in an exercise at treasure collection, e.g. do 5 star jumps!



Beans!

Ask an adult to shout out the name of a Bean, can you do the correct action?

Jelly Bean: Wobble like a Jelly

String Bean: Stretch up tall

Baked Bean: Slowly rotate on the spot

Broad Bean: Stretch your arms and legs out wide

Mexican Bean: Pretend to lasso and shout "Arriba!"

Runner Bean: Running on the spot.

Easier: Call out actions slower Harder: Call out actions quicker or give a forfeit if you do the wrong action, e.g. 10 star jumps!



How many times can you ... ?

30 second challenges:

Hop on one foot, star jumps, bounce a ball against the wall or on the ground, throw and catch a ball up in the air, throw and catch a ball with somebody else, high knee running on spot, stretch up high and then touch your toes, skipping with a rope, bunny hops, sit ups.

Can you come up with your own actions?

Jump Jump Jump!

You will need: Hurdles (you could use shoes, rolled up towels or strips of paper)

Lay out 8 hurdles in a line to make a ladder. Jump over each hurdle. When you get to the end do an exercise for 10 seconds, e.g. star jumps. Try jumping in different ways, do each way two times (these get harder) Bend your knees and use your arms to help you jump high! Hold an adults hand if you need to.

Jump over each hurdle using 2 feet

Jump over, using 2 feet, sideways.

Jump over, 2 feet, make a shape in the air

Hop over on stronger leg

Hop over from one leg to the other

As above, but balance on each leg for two seconds.