

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
Jumping Animals

Equipment needed
✓ Space

School Games value



TUESDAY

Activity overview
Bear Hunt

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

School Games value



WEDNESDAY

Activity overview
Climbers

Equipment needed
✓ Printable footprints
✓ Steps/ stairs or blocks

School Games value



THURSDAY

Activity overview
Treasure Basket

Equipment needed
✓ 4 or 5 small boxes full of different items, these could be; soft toys, wooden/plastic objects
✓ Another 3 small boxes
School Games value



FRIDAY

Activity overview
Obstacle course

Equipment needed
✓ Pillows
✓ Chairs
✓ Blankets
✓ Soft Toys
✓ Balls

School Games Value



RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN


EAST RIDING SSP (WEST)
Trained by Collingwood High School

THE SCHOOL
SPORT
PARTNERSHIP



EYFS

LOCOMOTION

MONDAY



30mins



ACTIVITY

Jumping Animals

- Set up an area where you have enough room to perform a variety of different jumping movements representing animals.
 - You may wish to use your voice to say the animals or colours that also represent the animals.
 - You can have music playing whilst doing this game as well as printable pictures of the animals.
- **Red** = Flea
 - **Orange** = Kangaroo
 - **Green** = Frog
 - **Blue** = Dolphin
 - **Purple** = Bunny

MAKE IT EASIER...

Using your voice only to say the animals.

MORE OF A CHALLENGE

Linking 1 or 2 of the animals together.
Having a time limit for each animal they represent.
Different movements in between the animal has been called.

MAKE IT INCLUSIVE

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

LEAD OTHERS

Create a point system for your family or friends to see who does the best animal jump.
Can you think of other animals that may jump?

EQUIPMENT NEEDED

- Space
- Music or pictures if you wish



How can you demonstrate self belief throughout this challenge?

TECHNICAL / TACTICAL

- The importance of jumping is using your arms to get the power and using your strength to get the height. When you land making sure knees are bent in line with your toes.

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LOCOMOTION

TUESDAY

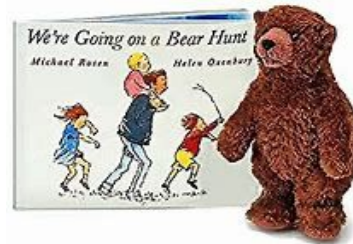


30mins

ACTIVITY

Bear Hunt

- A soft toy is hidden in an area of your choice (this could be under something, or on something).
- Participants have to figure ways of trying to find the soft toy by either; going around objects, over objects or under objects.
- Such as; Crawling under a bedsheet or jumping over a cushion.
- The activity can be repeated once the soft toy has been found.



MAKE IT EASIER...

Have less objects that are in the way.

MORE OF A CHALLENGE

Have more objects scattered around.
Put in rules of certain objects such as; cushion must jump etc.

MAKE IT INCLUSIVE

Items can be placed in different positions high or low
such as bed sheet over the sofa.

LEAD OTHERS

Have a competition with a family member and see who
can find the soft toy the quickest.

EQUIPMENT NEEDED

- A soft toy
- Pillow cases, cushions, chairs, other alternatives of your choice.



How can you
demonstrate
passion
throughout
this challenge?

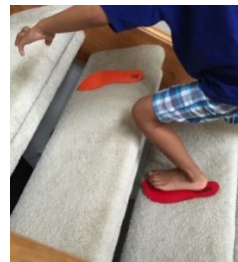
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LOCOMOTION

WEDNESDAY



30mins



ACTIVITY

Climbers

- This activity is to allow participants to individually walk up and down the stairs. Keeping balance and using their own decision making skills.
- The activity can be used with steps, stairs or blocks, decision is up to you.
- Depending on the individual they might start with crawling and then progressing onto foot steps.
- Using the printable footprints these could be scattered around on the floor, each time the participant moves they must stand on a footprint. The footprints can then be progressed to be used going up/down the stairs.

MAKE IT EASIER...

Footprints scattered around on the floor.

MORE OF A CHALLENGE

Footprints on the stairs.
Point system for every footprint used in a specific set time.

MAKE IT INCLUSIVE

Footprints could be also handprints in needed to be.

EQUIPMENT NEEDED

- Printable footprints
- Steps, Stairs or blocks.



How can you
demonstrate self
belief
throughout this
challenge?

LEAD OTHERS

With a family member see who can get the most points by standing on one of the footprints.

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SENDING AND RECEIVING

THURSDAY



30mins



ACTIVITY

Treasure Basket

- Pick a safe area to complete the activity.
- Place your 3 or 5 boxes in one area with items in.
- Other 3 empty boxes go opposite/ different area.
- Participants will go to the boxes with items in take an item of their choice and return it into one of the empty boxes.

EQUIPMENT NEEDED

- 3 or 5 small boxes filled with various items
- 3 empty small boxes
- Stopwatch or timer if you wish.



How can you demonstrate determination throughout this challenge?

MAKE IT EASIER...

Place the boxes of items and empty boxes closer to each other.
Use less items.

MORE OF A CHALLENGE

Use a bigger space.
Use more items.
3 empty boxes meaning where specific items may go such as; box 1= toys, box 2= wooden or plastic objects, box 3=small objects.

MAKE IT INCLUSIVE

This could be adapted by sitting on a chair with the boxes next to you, rotating your body with the other boxes on the opposite side.

LEAD OTHERS

Time the activity to see how quick participants can make a decision.

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ATHLETICS

FRIDAY



30mins

ACTIVITY

Obstacle Course

- When doing this activity, making sure there is enough room to be able to move different ways.
- When performing the moves they can differ each time such as; jumping, hopping, running, crawling etc.
- Participants will start in one area, can either finish in the same area or finish in different area.
- Objects will be scattered around on the floor, participants need to avoid the objects by jumping, hopping etc.
- When doing the obstacle course this can be timed and a challenge to beat your time each time you perform.

MAKE IT EASIER...

Less objects on the floor.

MORE OF A CHALLENGE

Have specific area to do a movements such as; balance for 5 seconds when they come to a cushion.

MAKE IT INCLUSIVE

This can be done in a small space or large space dependent on your decision.

LEAD OTHERS

Encourage family members to join and encourage each other in the activity.



EQUIPMENT NEEDED

- Stopwatch or other alternative.
- Different amount of objects



How can you demonstrate passion throughout this challenge?