

# SOUTH EASTLEIGH AND WINCHESTER

School Sport Partnership



Dear Parents/Carers,

Please use this activity board with your child/children while they are learning from home. Please feel free to adapt the activities to suit your child/children. Ways you can extend the activities are by increasing the timings, changing the skill or introducing a point scoring system.

We hope you enjoy the challenges and look forward to seeing your own ideas.

## EYFS/Key Stage 1 Activities

Key

<b>Time</b>	<b>Score</b>
-------------	--------------

<b>Balance 3 things on 3 different parts of your body for 15 seconds</b>		<b>Skip for 15 seconds</b>		<b>Throw a ball/rolled up socks into a bucket, step back each time you get it in</b>		<b>Pick at least 3 animals and move like they do. (eg hop like a frog)</b>	
<b>How many star jumps can you do in 15 seconds?</b>		<b>How long does it take you to do 15 speed bounces? (sideways ski jumps)</b>		<b>Balance a pair of socks rolled up on your head for 15 seconds</b>		<b>Play 'Simon Says'</b>	
<b>How many times can you throw and catch in 30 seconds?</b>		<b>How long can you balance on one foot?</b>		<b>Can you hit a target? (eg, throw rolled socks and land on A4 piece of paper)</b>		<b>Dance to your favourite song. Don't stop moving until the song finishes</b>	
<b>Pick 2 rooms in your house (eg, bedroom and kitchen.) How many footsteps apart are they? Repeat for other rooms.</b>		<b>How long can you balance on one foot?</b>		<b>Find different body parts to balance on e.g one hand and one foot.</b>		<b>Design your own game/activity in the box below</b>	

<b><u>Game/Activity Design</u></b>
------------------------------------

