

# Nursery & Reception ACTIVE AT HOME

We all know the benefits of being physically active .

When times are tough and it is difficult to get outdoors, it can be quite tricky to come up with ideas to keep the children occupied and active.

With modern technology, there are numerous websites available to support physical activity at home; not just for children, but for the whole family.

Most activities only take around 5-30 minutes to complete, so it can fit easily into the day.

Here are some ideas and resources we think you might find useful placed in a weekly activity timetable. You can adapt the timetable to suit your own needs!

If you have any further activities you recommend, please let us know and we can share them with everyone else.



Check out our social media channels and tag us in any of your activities

Facebook - @DurhamClSsSP  
<https://www.facebook.com/DurhamClSsSP/>

Twitter - @DurhamCLS\_SSP  
[https://twitter.com/DurhamCLS\\_SSP](https://twitter.com/DurhamCLS_SSP)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**PHYSICAL ACTIVITY**

**Lets get moving**  
Start the week by joining in with one of our dance routines.

Follow SSP Coach Gemma Smith's 'Reach for the Stars' dance routine.

[Click Here for Video](#)

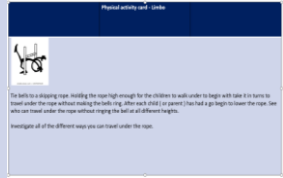


**Its all a puzzle.**  
Puzzle relay! Put puzzle pieces on the far side of the room and run to get each piece to complete the puzzle. This can be used with jigsaws or missing picture cards. You can even do it with number cards such as uno, trying to find the same coloured number.



**Holiday spirit- Physical activity card Limbo**

Play the holiday game Limbo. See who can limbo under the lowest rope. **See slide 6**



**Yoga time**  
Try the next card from Marie Claire's yoga scheme to see if it makes you Happy.

Try some of the poses on the cards attached. Happy yoga poses. **See slides 9 & 10**



**Zooming time**

This week your bike, scooter or skateboard is taking you to your holiday destination. Fly through the sky and land with a bump. Travel to the beach, up and down hills and around corners. Say what you see on your journey.

**SCHOOL GAMES VALUES ACTIVITY**

**Determination**  
This week we are all going to perfect how to skip. It's a really tricky skill so follow the guidance and small steps on the skipping card.

**See slide 3**

**Self Belief**  
Make yourself a mirror like the one below. When you are trying something new look in it and tell yourself you can do it and you are special.



**Honesty**  
Talking honestly about your feelings is sometimes tricky. Use the m and m game to give it a go.

**See slide 7**

**Respect**  
Create your own picture like the one in **slide 11**. What do you think makes a good friend?



**Team Work**

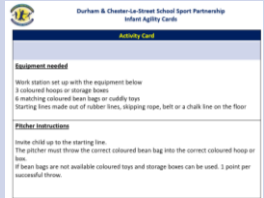
Draw a picture of your family working together on your favourite activity. It might be everyone out on a bike ride or walking the dog.

**CHALLENGE ACTIVITY**

**Decathlon Card 6 Hurdles**  
Try our next competition and see how good you are at hurdling. **See slide 4**



Try out the 'Pitcher' Activity from our **Infant agility** competition **See slide 5**



Get fit with **Pawsome Panda** by completing the fitness tag game. **See slide 8**



**Jumping Jacks competition**  
Have a competition with your family. Who can do the most Jumping Jacks in 30 seconds. Use the card to help you get it right.

**See slide 12**

**Competition time**

Set up all of the challenge activities you have tried this week and have a family competition. Award a prize at the end of the competition for the best performance, but also have a prize for the most improved or the best effort.



## Easy skipping progressions.

You tube link

<https://www.youtube.com/watch?v=EZnGbfMqsc>

### Step 1 The Pop

#### Teach them to...

- Pop in one spot with out looking down
- Pop and land on the balls of the feet
- The balls of your feet our bouncy!
- Using a long rope to teach this works well.
- When they can pop and stay in one spot- get the rope.
- Pop on two feet at the same time.

### Step 2 Tap-Tap-Turn-Wait

#### Tap - Tap

◦Tapping knuckles together in front keeps hands by the sides instead of by the head.

#### Turn - Wait

- Teaches them to turn the rope with hand at the sides.
- And keeps them from jumping when they first start learning to turn.
- There's no jumping in this step.

### Step 3 Tap -Tap -Turn -Wait -Trap

#### Add The Trap

- Teach them to trap the rope under the feet as it comes down in front.
- This teaches them to keep hands to sides and to start getting the timing down.
- It's fun to trap the rope.
- No jumping yet...

### Step 4 Tap-Tap-Turn-Wait-Pop

#### Yeah! The Pop

- Remember the Pop?
- Teach them to add that pop to the tap-tap-turn-wait.
- Just once though... If they can pop over the rope, have them try it again.
- Remember - head & eyes up!

### Step 5 Pop-Bounce...

#### Tap-Tap-Turn-Wait-Pop-Bounce-Pop-Bounce...

- Adding the bounce to the pop keeps them from landing and stopping between each turn of the rope.
- I still have them start with a tap to keep hands by the sides.
- Soon they'll increase the # they can do in a row.

## Decathlon Card 6 -Hurdles

### **Equipment needed**

5 large teddies

A start line and a finish line

A stop watch or timer

### **Instructions**

Put a teddy out on the grass or floor somewhere that has space.

Do three giant steps in a straight line then put another teddy on the ground.

Do the same for all five of your teddies.

Now see how quickly you can hurdle  
(jump) over the teddies when you run from the start to the finish line.



## Durham & Chester-Le-Street School Sport Partnership Infant Agility Cards

### Activity Card

#### PITCHER ACTIVITY

##### Equipment needed

Work station set up with the equipment below

3 coloured hoops or storage boxes

6 matching coloured bean bags or cuddly toys

Starting lines made out of rubber lines, skipping rope, belt or a chalk line on the floor

##### Pitcher Instructions

Invite child up to the starting line.

The pitcher must throw the correct coloured bean bag into the correct coloured hoop or box.

If bean bags are not available coloured toys and storage boxes can be used. 1 point per successful throw.


## Physical activity card - Limbo



Tie bells to a skipping rope. Holding the rope high enough for the children to walk under to begin with take it in turns to travel under the rope without making the bells ring. After each child ( or parent ) has had a go begin to lower the rope. See who can travel under the rope without ringing the bell at all different heights.

Investigate all of the different ways you can travel under the rope.


## The Feeling Game

For every  say one thing that makes you happy.

For every  say one thing that makes you sad.

For every  say one thing that makes you angry.

For every  say one thing that makes you excited.

For every  say one poor choice you made today and what you could have done different.

For every  say good choice you made today.

Any sweets or fruit can be used for this game. You could even use coloured counters if you do not want your child to be eating during this activity.

## Pawsome Panda Activity Card



### Pawsome's Fitness Tag



- Each child has a tag belt on
- Play a game of tag in the playing area
- If a child is caught they get to choose a fitness circuit card and complete the exercise.





# Activity 2

## Happy Yoga Poses

This activity can be done at any point during the day, but before breaks and lunchtimes are recommended. To begin with practice these poses regularly having lots of fun while you do. Remember kids yoga is all about having fun and lots of children love pretending to be an animal and making animal noises. So where you can add in a noise to go with the animal and watch them copy you. Remember it's not about them doing the poses exactly right they may do them differently and this is great. Maybe copy what they are doing, empower them through their own ideas. Kids come up with some amazing yoga poses.



Happy Kids Yoga

### Happy Yoga Poses

 <p>Happy Caterpillar</p>	 <p>Happy Frog</p>
 <p>Happy Dog</p>	 <p>Happy Bird</p>
 <p>Happy Butterfly</p>	 <p>Happy Tree</p>

All Materials © Happy Kids Yoga [www.happykidsyoga.co.uk](http://www.happykidsyoga.co.uk)



## Happy Yoga Poses



Happy Caterpillar



Happy Frog



Happy Dog



Happy Bird



Happy Butterfly



Happy Tree

### Happy Butterfly

We sit down on the floor and bring our feet flat together and slowly flap our butterfly wings. Benefits - Stimulates abdominal organs, bladder, kidneys and heart, improving circulation. Stretches the inner thighs, groin, and knees. Can relieve moodiness, anxiety, and fatigue.

### Happy Dog

Come down to the floor on to all fours, curl your toes and lift your hips to the sky, keeping your head down. Shake your tail and do a "woof, woof."

Benefits - Calms the brain and slows the heart rate whilst stretching the shoulders,

### Happy Caterpillar

Lie down on your belly, bring your hands under your shoulders and push up like a snake. Have a wiggle side to side and "sssssssss" like a snake.

Benefits - strengthens the spine, opens the chest and increases blood flow to the frontal lobe

### Happy Tree

Stand tall with hands on your hips, lift one foot to rest on your ankle or your calf if you feel balanced. Bring your hands to your heart then lift your hands to the sky like a tall, strong tree. Repeat on the other side. Young children will need support with this, a hand, then a finger! Benefits - Strengthens thighs, calves, ankles, and spine. Stretches the inner thighs and groins,

### Happy Bird

Stand tall and bring your arms out to the side like a bird's wings. Then tip forward slowly and lift one leg out behind you just like a flying bird. Bring your foot down slowly and repeat on the other side. Same as tree pose young children will need support when they start balancing. Benefits - Strengthens the muscles of the ankles and legs, the shoulders and back. Tones the abdomen and improves balance and posture.

### Happy Frog

Squat down like a little frog and start to hop around with a "ribbit, ribbit." Use your feet and hands to help you jump. Benefits - This pose helps digestion, tones the legs, improves flexibility in the hip flexors,

## What was Stan like at the beginning of the story?

Can you think of the words that best describe Stan at the beginning of the story?



## What was Stan like at the beginning of the story?

At the beginning of the story, Stan was very beautiful. He thought that his talent was dancing.

He was very selfish when the other starfish wanted him to teach them how to sing. He thought that he was too good for that.

Stan was very rude in the way that he spoke to the other starfish. He just laughed at them.



# What Makes a Good Friend?

Starry-Eyed Stan



Durham and Chester-Le-Street SSP  
Maiden Castle  
The Graham Sports Centre,  
Durham University  
Stockton Road  
DH1 3SE



*Durham & Chester-le-Street School Sport Partnership*  
*Working in collaboration with Durham Sixth Form Centre*

# Jumping Jacks

- Pick a spot to focus on in front of you to help your balance so you don't fall over.
- Ensure you try and keep your arms as strong as you can throughout the jumping jacks.
- Land softly on your feet
- Count how many you can do in 30 seconds

