
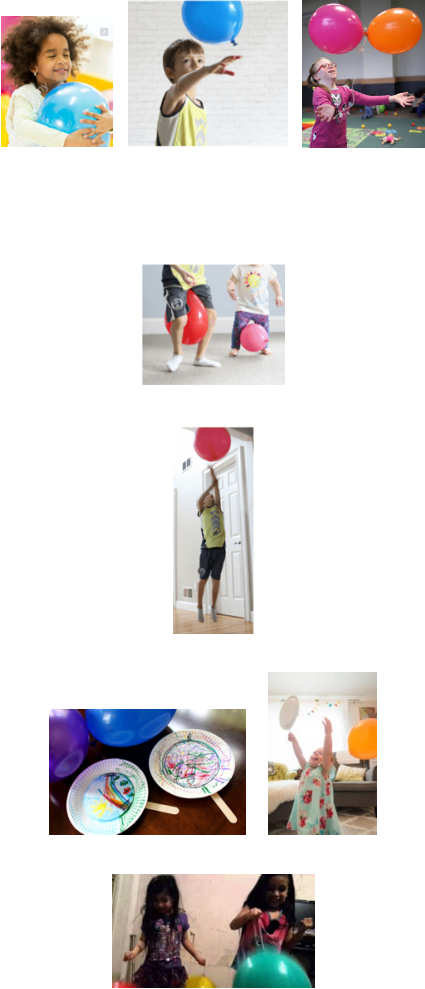



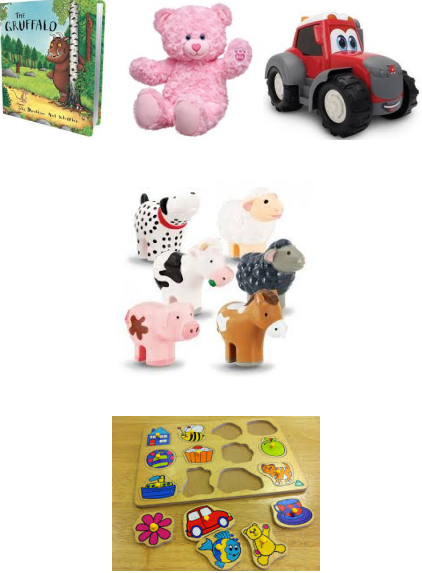




Physical play activities

This handout includes suggestions for activities that can help keep your child active in the home.

	<p>Can you do what I do?</p> <ul style="list-style-type: none"> • Do actions for your child to copy- jogging on the spot (reach up high, crouch down low, turn around), star jumps, clap your hands, hop, bunny hops, touch your toes, etc. • Change roles and copy your child doing the actions • Give simple instructions- can you do 10 star jumps? etc. • Animal movements- e.g. kangaroo jumps, wriggle on your tummy like a snake, crawl like a bear
	<p>Balloon play- there are so many things you can do with balloons. Here are some ideas:</p> <ul style="list-style-type: none"> • Can you keep a balloon in the air using your hands, head and feet? • Add a small amount of rice to the balloon before you blow it up (this will change the way it moves) • Tie two balloons together • Put a balloon between your legs and walk around an obstacle course (e.g. walk around two chairs) • Tie a balloon up in the doorway just out of your child's reach, for them to jump up and touch • Balloon badminton- find some paper plates for your child to decorate. Stick them onto a wooden spoon, stick, etc. to make a racquet • Take turns to hit the balloon backwards and forwards using your racquet • Attach a piece of string, elastic or elastic band to the balloon to make a punchball
	<p>Ball play- if you have soft balls that are safe to use indoors use these, if not screw up balls of newspaper to use</p> <ul style="list-style-type: none"> • Sit facing each other with your legs outstretched and feet touching. Roll the ball between you, can you use 1 hand, 2 hands? Throw and catch the ball • Make lots of newspaper balls. Provide a bucket or bowl to throw them in to. You can change the position of the bucket- put it on the floor, on a chair, etc. • Set up some plastic cups/beakers as skittles to knock down with the ball • You could also use old toilet rolls or kitchen roll tubes as the skittles

	<ul style="list-style-type: none"> • Give your child a cup, beaker or small bowl. Throw a newspaper ball for them to catch in their cup
	<p>Hunt the kitchen timer: if you have a timer set it for 5 minutes and hide it for your child to find (e.g. under a cushion, in a box, etc.)</p>
	<p>Can you find me?</p> <ul style="list-style-type: none"> • Collect together some of your child's toys. Hide them around the room. Then ask your child to find each object • You can then ask your child to find 2 things e.g. 'can you find me the Gruffalo book and your teddy?' <p>Old MacDonald had a farm</p> <ul style="list-style-type: none"> • Hide different farm animals around the room. • Sing the song 'Old MacDonald' and on each verse get your child to find the matching animal https://www.youtube.com/watch?v=6HzoUcx3eo <ul style="list-style-type: none"> • Hide pieces of an inset puzzle for your child to find and put into the puzzle board
	<p>Blanket play (or a large towel)</p> <ul style="list-style-type: none"> • Make a blanket tunnel for your child to crawl through • Make a blanket tent to play in <ul style="list-style-type: none"> • Hold on to each end of a towel. Put newspaper balls/small light balls on the towel and bounce them up and down. Can you keep them on the towel? <ul style="list-style-type: none"> • If your child is small enough, swing them in a blanket swing
	<p>DIY Crash Mat</p> <ul style="list-style-type: none"> • Make a collection of pillows, beanbags and cushions. Squeeze as many as you can into a single duvet cover, folding the end inwards if it is not full. • Place this on top of as many blankets and quilts as you can find to create a soft landing, or a sleeping pad or mattress. • Test the mat yourself before your child uses it. • Encourage your child to fall or jump onto the crash mat from the floor, or from a low chair or stool. • Check that the crash mat is safe to use with no gaps after every few jumps.
	<p>Laundry basket push game</p> <ul style="list-style-type: none"> • Fill a laundry basket (with or without a lid) or empty large cardboard box with items from around your home.



- Encourage your child to push the basket or box around a tiled or wooden floor in your home- hallway, kitchen or outside if you have a balcony or garden.
- Gradually introduce heavier objects to the basket or box to make the activity more challenging!



Freeze dance

Put some favourite music on for your child to dance to. When the music stops your child has to:

- Freeze like a statue
- Sit down on the floor



Attach a long ribbon or long thin strip of material to a stick/wooden spoon, etc.

Put some music on for your child to dance to with the ribbon



Make a Wiggle Jar from homeschoolshare.com

The instructions are at the end of this handout. You will need to choose which activities to put into the wiggle jar, based on what your child can do in your home. You might also like to add some extras



Action songs and rhymes. There are lots of action songs you can do with your children. Here are some suggestions:

- Shake your sillies out
https://www.youtube.com/watch?v=NwT5oX_mqS0
- Head, shoulders, knees and toes
<https://www.youtube.com/watch?v=TSdelhmv6v0>
- Row, row, row your boat
<https://www.youtube.com/watch?v=q3zSrVPRHSU>
- I'm a little teapot
<https://www.youtube.com/watch?v=WrfGMNra4zI>
- Baby shark <https://www.youtube.com/watch?v=XqZsoesa55w>
- Jump up, bend down
<https://www.youtube.com/watch?v=X7jSWdnoshw>
- Brain breaks: Action and dance songs <https://www.youtube.com/watch?v=gE7zCfxJ7bE>

BBC Wiggle Waggle radio programmes have a series of short programmes on different action songs. Each one starts with the Wiggle Waggle action song and contains clear spoken instructions.

<https://www.bbc.co.uk/teach/school-radio/eyfs-wiggle-waggle-index/zdw9382>

There are also a number of online resources to encourage your child to do physical activity. Including:

- YouTube: Cosmic Kids Yoga
- YouTube: Kid's Daily exercise
- GoNoodle app <https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/>
- BBC Super Movers <https://www.bbc.co.uk/teach/super-movers>

If you are able to, and it can be done safely, do try to take your child outdoors for a walk each day

To assemble your own jar:

1. Print the free download.
2. Cut out cards and the label.
3. Use packing tape to attach the label to a jar.
4. Determine if there are any cards that won't work for your family and discard them.
5. Throw the cards in the jar.

Use **The Wiggle Jar** whenever your student has the wiggles, when your student needs a break from a lesson, or when your student is having a slumpy, low energy moment.



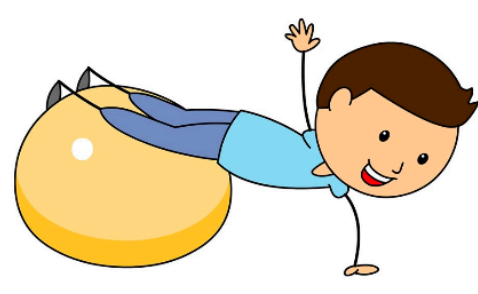


Touch your toes
10 times without
bending
your
knees.




Jump Rope.
Count to 30!


Jump and stretch for 2
minutes with an exercise
ball.



**Shape your body into
letters of the alphabet**
as you spell your name.




**Stretch your
arms up to the
sky.** Hold for 10
seconds. Do it
two more times.



**Pretend you
are in a band**
for 2 minutes;
play the
instrument of
your choice!



Jump on the trampoline
for 10 minutes.



Play Simon Says with
someone for 10 minutes.



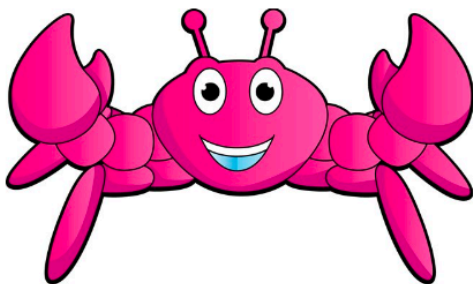
Flap your wings and fly like a bird around the house one time.



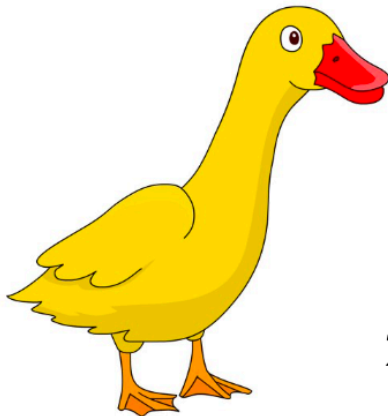
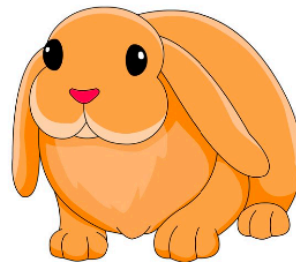
How long can you **stand on one foot** like a flamingo?



Crab walk across a room.

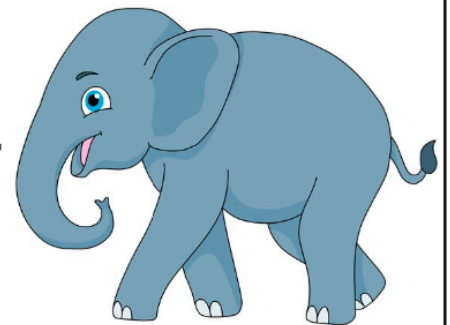


Hop like a bunny 20 times.

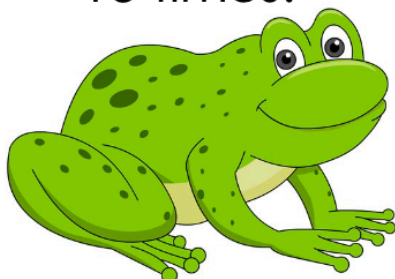


Waddle like a duck for 2 minutes.

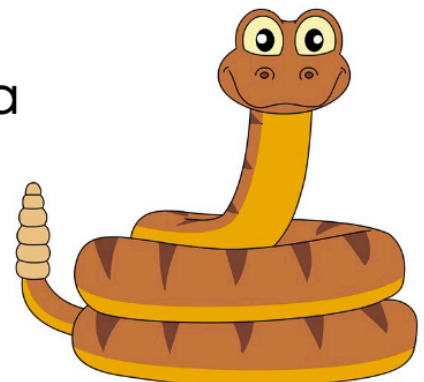
Stomp like an elephant for 1 minute.



Leap like a frog 15 times.



Slither across a room like a snake.





Jog in place
while you
sing the
alphabet
song.

March
around the
room and
count to 30
while you
march.



Go outside
and **ride**
your bike
for 10
minutes.



Somersault
5 times.



Do
15
jumping
jacks.

Do
10
push-ups.



Run around
the outside
of your
house 3
times.

Bear walk
across a
room.



Push the wall
(hold it up!)
for 30
seconds.

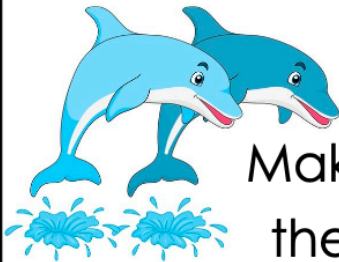


Walk an imaginary tight rope across the length of a room.



Try to **hula hoop!**
Keep trying
for 2
minutes.

Take 4 deep breaths.
Relax for 3 minutes.



Make a circle on
the floor. **Jump**
in and out of it
15 times.



Turn on your
favorite song
and **dance**
until it is over.

Crawl
across
a room.



Complete 10 **sit-ups.**

