



Lets get busy: Physical



Move



Singing action songs, for example, 'head shoulders knees and toes' or 'if you are happy and you know it'.

Type in 'sticky kids' into you tube. We use this with our lower school pupils in school.

Ball races



Pick up a ball from a basket/box and pass to an other box on your table or floor.

Toss a ball from your tray into a box .

Travel from one box to another across a bigger distance.

Time yourself to see if you can get quicker.

(tip; use rolled up socks if you don't have a ball as they don't roll away)

Dance



Use a scarf or ribbons to make moving your arms fun.

Tap or stamp your feet.

Move like an animal.

Put on music and move around freely.

Try to copy a dance taking turns.

Catch skills



Tie a piece of string to a balloon and hold or suspend pushing the balloon away.

Throw a balloon to another person and catch it as it returns.

Throw and catch a soft ball.

Blow bubbles and try to catch them.

In the garden play bounce and catch.

(tips; balled socks work well and for bubbles washing up liquid is fine).