### You will need:

1 pack balloons

2 markers - you could use chairs or cushions



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?

teams.



### Balloon Bounce

Everyone lines up behind a marker. The other marker is placed some distance away.

Time how long it takes each member of the family to jump with the balloon between their feet, from the first marker, round the second and back to the first.



See how it's done:

https://youtu.be/ BrMEH0jyLh0



If the balloon is dropped, the player must return to the last marker they passed and continue from there.

Who can go fastest? If there are enough of you, make

### Make it harder!

Put balloons between vour knees - have some spare balloons, just in case! Or place a soft toy on one foot and keep it there while walking.

### Did you know?

A child is 50% more likely to be active if they have an active parent.



How long can your family keep one balloon in the air? Three minutes? Five? Now try with more balloons. Don't let any of the balloons hit the floor (lava)!

### Make it harder!

Use more balloons than people or, do the same thing, but lie on your backs and only use your feet to keep the balloons up in the air!



See how it's done:

https://youtu.be/ GQRchbj1\_dY





Prefer to use bubbles? You can have lots of fun jumping around trying to pop bubbles inside and outside. Take turns to blow them; see who can make the biggest one!









Pass the Balloon

See how quickly you can pass a balloon down a line of people.
You could pass it over the head of one person and between the legs of the next person, or under the

chin, or between the knees... can you think of any other ways?

If you have space, the person at the front of the line can run to the back ready to

have another turn. Keep going as long as you can! Make it harder!

Make it faster. Put on some fast music and see if you can keep up with the beat!

### Balloon Sweep

Blow up lots of balloons and place them in different rooms. Take it in turns to see who can collect the most balloons in one

minute.

Make it harder!

The player who collects the most wins.

Play to fast paced music, use more balloons or try to do it in less time.



### Did you know?

Physical activity helps children and young people to grow and helps to develop and protect their muscles, bones, heart, lungs and circulation and helps them maintain a healthy weight.

Before you blow up the balloons, cut up small pieces of paper and have each person write or draw something they love about another member of the family. Stuff the little papers into the balloons. When the balloons pop you can read the messages out loud.

Balloon Surprise



Always make sure you dispose of burst balloons responsibly as they can be dangerous to wildlife and small children. When finished, put them straight in the bin!









Walk to a destination a bit further away than usual. Time how long it takes you to walk there. Record it on your record card to see if you can beat your time on your next trip!



### You will need:

### Chalk

Masking tape if doing activities indoors



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?





## Simon says

To start, choose one player to be 'Simon'. The rest of the players gather in front of Simon as he calls out actions starting with the phrase "Simon says": "Simon says... touch your toes."

The players have to do what Simon says, touching their toes. If Simon calls

out an action that doesn't start with "Simon says," the players must not do the action. If they do, they are out of the game.

The last player left in the game wins and becomes the next 'Simon'.

### Make it harder!

Make the actions more energetic: run on the spot, star jumps, hop on one leg etc.

Can you feel your heart beat faster? Are you breathing Are four breathing



Draw out a grid on numbers matching a phone pad. Take it in turns to be on the pad with another person shouting out numbers to hop between.

Try hopping (or jumping) out phone numbers, birth dates etc.

Number square

### Did you know?

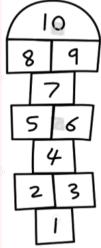
Low physical activity is one of the top 10 causes of disease and disability in England—being active for even just 10 minutes a day will make a difference to your long term health!



Draw a hopscotch grid on the pavement, yard etc. Toss a stone or beanbag into the number 1 square. Hop on the single squares, and jump on the double (one foot in each), to the end and back again, picking up your beanbag on the way back. Don't put your other foot down!

Then repeat, going up a number each time.

Hopscotch





SPORT SPORT

Chalk





Walk with chalk!

Keep a pack of chalk in your bag while you're out with the children and you'll always have a quick and easy way to keep everyone occupied and have fun at the same time!

- Use chalk to draw the **start and finish lines of a race**. Then come up with different ways to get to the end: running, marching, galloping, using a bike or scooter, skipping etc.
- Use chalk to **set boundaries** or to define a **safe zone** for little ones who might not want or be able to join in the family activity
- Use chalk to help give children room to run and play while keeping them safe.
   If they're running or cycling in the park, chalk arrows and 'no entry signs' to mark out a path you're happy for them to follow. Make sure they know what

all the symbols mean!



### See how it's done:

https://binged.it/2NMUVMz

or

Try Ice Climbers game to include older children:

https://binged.it/2NQfJmb

Little ones can keep busy drawing a
picture that will wash away with the
rain while everyone else takes part in
the family activity.



### Top tip

Use masking or electrical tape on the floor instead of chalk if you're doing these activities indoors.



Can you feel your heart beat faster? Are you breathing Are four breathing Did you know?

Men are more likely than women to be sedentary for 6 hours or more! Come on dads!





### Walking challenge: Week 2



Use your chalk to draw a treasure trail with arrows or instructions in a park or on the pavement. You could hide a surprise at the end!

Where did you go?

How long did it take?

### Ball

Markers for goals - you could use jumpers

6 used plastic bottles



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?

# Families Home activity

### Catch

How many times can you throw and catch the ball between two people?

### Did you know?

Regular physical activity reduces the risk of heart disease and other medical conditions e.g. diabetes and

### Make it harder!

Throw between three, four or more people. Add another ball, a beanbag or rolled-up socks so there are two (or more) things going round.



### Striker!

The more people you have the better. Ask another family to come and play it with you at the park!

Set up two goals and make sure there is space behind each set of goal posts as well. Divide the players into 2 teams. The game is played similar to football but there are a few major differences:

The ball must stay on the

ground and can only be moved by hitting it with your hand.

- If the ball is **accidentally kicked**, it is an automatic point to the opposing team.
- Goals can be scored from either side of the goal posts; as long as the ball passes between them, a point is scored.

Make it harder!

Use a bigger pitch

### **Bowling**

This is a great way to reuse bottles. Fill them with an inch or two of water or sand to make them stand up reliably. Don't forget to screw the tops on tightly!

- Arrange the bottles in a triangle
- Mark the starting line with chalk and start bowling! You can play as a team or as individuals - keep score as you go along.
- To play indoors, use masking tape to mark the start line and use a softer ball.











Hot potato

Standing in a circle, try to keep the ball in the air as much as you can. Shout "Hot Potato" as you throw the ball or beanbag from one person to another. You can play this game to music and when the music stops, the person holding the potato is 'out'.

Make it harder! The last person left is the winner!

Play faster music, or make the circle bigger.



You don't have to do it all at once! Spread activity throughout the day-10 minute chunks all add up and are just effective!



Sit less, move more!



Piggy in the middle



Two people throw the ball to each other. A third player stands in between them ("Piggy") and tries to catch the ball before the other player.

When Piggy catches the ball, they take the place of the player who missed it, who then becomes "Piggy".





The two throwers stand further away from each other, or use a smaller ball. This is a great game to play in the swimming pool!







Walk to the shops or park.

Can you beat your time from week 1 yet?

Try walking to a park or shop that is a bit further away. What interesting things can you spot on your journey that you don't normally notice when travelling by car or bus?

How much further did you walk?









## Hula Hoop

### You will need:

Hula hoop

Bean bags, balls or a frisbee



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?



Spin a hoop around your waist and keep it going for longer and longer periods of

time. This will take a lot of practice!
Record your efforts over the next 3
weeks and see how much you improve.



There are lots of videos on YouTube which explain how to hula hoop – have a look!

www.youtube.com

### Make it harder!

Try shifting the hoop up to your neck and back down.

Get two hoops whirling around each arm at the same time.

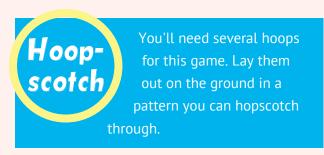


Set the hoop on the ground or prop it upright as a target for beanbags or balls.

You could also tie a hoop onto a rope and hang it from outdoor play equipment or tree branch. On a hot day you could use water balloons!

Make it harder!

Can you feet your heart beat faster? Are you breathing harder? Try to hit the targets from further away. Use a frisbee instead of a ball or beanbag. Set a timer for collecting the items back in – who can be the quickest to start again?







Hoop skipping

A hula hoop can be used just like a skipping rope. Hold the hoop vertically in front of your body. Then flip it down toward your feet, jump over it, and bring it back behind you and over your head

Hula hoop pass

Have everyone stand in a line or circle holding hands. Give the first person the

hoop looped over one arm. Players must pass the hoop down the line or around the circle without letting go of one another's hands.







Do you want children to be able to play with your children outside your own front door? Look at playingout.net/ for information on how to go about this.

### Make it harder!

Time yourselves doing it. Can you beat your time?



### Top tip

Hula hoops make great bases for many kinds of tag.









Do you walk to school? Ask your Champion about our 'Walk to School' Tip Sheet to help you get started and enjoy the journey.



### You will need:

Skipping rope

Chalk

**Hula hoops** 

**Beanbag** 

**Cushions** 

Ball

**Chairs** 



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?



Stand along a skipping rope, in a line. Then switch places to line up in the opposite order, so the person at the start of the line ends up in last

place, while the last person is in the

first place. The challenge is that you mustn't step off the line while you rearrange. It takes teamwork! You can also use chalk or tape to make your log.

Snake in the grass

2 people sit on the floor, each holding opposite ends of the skipping rope. They wiggle the rope as the rest of the family jump over it.

If the rope touches someone, they are out. The winner is the last jumper to remain. Swap places and play





See how it's done:

https:// binged.it/2JYFdrv



### French skipping rhyme:

**England!** (jump landing with both feet outside the elastics) Ireland! (jump again landing with both feet inside the elastics)

> Scotland! (jump outside again) Wales! (jump landing both feet on an elastic) Repeat again to the rest of the rhyme: Inside, outside, puppy dogs tails!

Make it harder by turning in the air to face the opposite way when you land. What rhymes can you think of?



To test whether the rope is the

right length for you, stand on the rope with both feet and point the handles to the sky. The handles should be between your waist and your shoulders.

Can you skip five times? Ten? Twenty? Who in the family can skip for longest?





See how it's done: https://binged.it/2K0Gwq7











You will need a longer rope for this.

Make sure you have plenty of space and that the surface is suitable for running and jumping.

To start with, turners need to ensure they are positioned so that at least a metre of

rope is hitting the floor when it is being turned.

Skippers jump in when the rope hits the ground when they feel confident to do so.



### Family skipping rhyme:

Mabel, Mabel, set the table.

Do it as fast as you are able.

Don't forget the

SALT, PEPPER, KETCHUP, MUSTARD.

(Keep repeating the last line while turning the rope. If the jumper misses on "pepper", then the turners begin turning the rope fast - doing "hot peppers".)

Can you feet your heart beat faster?
Are you breathing harder?

### **Skipping** facts

- Skipping exercises the upper and the lower body.
- Skipping promotes strength, balance and power.
- Skipping burns twice as many calories as walking.



Create an obstacle course out of whatever you have nearby.

Set a challenge: who can complete the course quickest? Who can complete it silently? Who can complete it backwards? If there are enough of you, make teams. An example of an indoor assault course:

Weave through a set of markers.
 Use beanbags or cushions as markers

- Pick up a skipping rope and jump
  10 times
- Toss 3 beanbags into a hula hoop target
- Do 10 star jumps.
- Use a skipping rope as a line to balance along.



See how it's done:

https://youtu.be/cm5xFixja9k



Struggling to skip? Or want to up your game to work-out level?

Have a look at www.skip-hop.co.uk



Walking challenge: Week 5



Plan a weekend family walk to a nearby beauty spot. Plan to be out for at least an hour. Why not take a picnic and ask other families along? Make sure you have comfortable shoes, water and are equipped for the weather—suncream or sunhats? waterproofs and wellies?

Splash in puddles, look out for wildlife and see what adventures you can have!





### You will need:

Hula hoop

**Beanbag** 

Chalk

Skipping rope

Markers for start and end of races - you could use chalk or tape Sacks (or pillowcases or binbags)

Large kitchen spoons and 'eggs' (a tightly rolled up sock will do)



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?



Sack race

The race starts before you get in the sack. Jump to the end. The winner is first to cross the line. Little ones might need help getting in the sack.

If you don't have anything to use as a sack, jump with feet together



Three legged race

Two players run with the left leg of one runner strapped to the right leg of another runner. First pair

over the finish line wins.

Hula hoop race

Egg and spoon

Over 18s Want to check out how healthy you are? Go to www.nhs.uk/ oneyou and get a personalised on-line health check!

Run the course using a hula hoop to skip through. Or, hold a hoop in the air at the finish line which players have to jump through. Take turns to run the course, to see who can do it fastest!

Balance an 'egg' (use rolled-up socks) on a spoon and race

with it to the finishing line. Hands must not touch the 'egg' other than to pick it up and put it back on the spoon if it is dropped.



See how it's done:

https://youtu.be/xehXqogyp1o









Complete the race balancing a beanbag on your head (stop and put it back on your head if it falls off).

Make it harder!



Find out how you can make your own beanbags and discover more games you can play together at www. mamaot.com httpsbit.ly/20yPTzz

Include obstacles such as a balance beam (chalk a line or use a skipping rope).



Dribble or bounce a ball through a course of markers (use jumpers, rolled up socks etc.).

### Make it harder!

Set the cones closer together





See how it's done: https://youtu.be/7YOUktbrBWE





### An outside game for a hot day:

You will need:

2 buckets or bowls; 1 sponge.

Place the buckets a distance away from each other. Fill one with water.

One at a time, players soak their sponge in the full bucket, run up to the empty one and squeeze it out. They then keep going or, if in a team, hand the sponge to the next person in line until everyone has had a turn and then measure the water in the far basins to see who has moved the most water over.





See how it's done: https://binged.it/2sSEv9Q



Does your school do The Daily Mile? Did you know you can join in? Find out more about this free social activity and get your family involved at www.thedailymile.co.uk

Walking challenge: Week 6



How many places have you walked together as a family since you started the challenge? There are lots of places you might not have thought about such as the library, leisure centre, a friend or relatives house. Where can you think of? Try to walk briskly for at least 10 minutes, 3 times a week.





Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?

Home activity

### Put on your favourite music and dance!



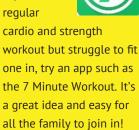
Move to the music

**BBC Supermovers** has some fantastic videos to get you moving. Check out www.bbc.co.uk/ teach/supermovers



### Try an App!

If you want a regular





Give each colour an action such as:

**Red** – dance with a partner

Yellow - do the twist

Green - Ballet move

Practise the actions before the start of the game.

Put on some music and move freely. On the

call of "red," "yellow," or "green", players do that action (it doesn't matter if you get it wrong - that's part of the fun!).

The variations of this game are endless. Other traffic light actions could be: Jump, hop, run to a specific corner of the room.

Let everyone come up with ideas!

### Make it harder!

Put on some faster music



Do you have a games console at home? Nintendo Wii, Xbox and PlayStation all have games that can be played as a family such as Just Dance, Wipe Out, Wii Fit and Zumba

Fitness. They can be lots of fun too. Do you have any forgotten games at home that can be dusted off and used to help you become more active?









Everyone stands in a circle. One player starts the dance chain by making a simple dance move such as waving a hand in the air or jumping once. Everyone copies the action in turn. Once the entire circle has done it. the next player to the left leads by repeating the move and adding a move of their own. Go round the circle, copying both actions.

Dancing Keep going, chain adding a new move each time. until an entire dance routine has been created. If everyone is good at remembering the moves, you could end the game with the whole circle performing the routine together.

Musical statues

Put on some music to dance to. Everyone dances until the music stops. When it does, players have to freeze in whatever position they find yourselves in – even if they have one leg up.

The first person to move is 'out'. The last player left standing is the winner.

A variation on this game is Musical Bumps. When the music stops, players must sit on the floor as quickly as possible. The last one to sit down is out! Make it harder!

Join www.gonoodle.com for lots of family dance videos to join in with together. It's free and lots of fun! GoN6Qdle

Ask players to freeze in specific poses: animals, shapes, letters or even yoga poses.



24 HOUR

CHALLENGE 10 minute missions

from your favourite Disney Pixar characters. Can your family take on The Incredibles?







### Walking challenge: Optional Week

Can you plan a walk using the Walk-it website? This great website will create a route map between any two points, or a circular route, and will give you details about your journey time, calorie burn, step count and carbon saving. It's quick, free, healthy and green.

Walkit.com

### Cool Down

"Your muscle is like spaghetti. When the muscle is cold, like uncooked spaghetti, it is difficult to bend and stretch. But when the muscle is warm, like cooked spaghetti, it will stretch and grow longer and remain that way. Think of your muscle as warm, cooked spaghetti. Stretch it gently."



Walk slowly round the room for 1 minute, shaking hands and feet gently as you go.

Move into a circle, facing inwards and mime some stretches:

- Reach up to the sky stand on your tip toes!
- Bending down to touch your toes try to keep your legs straight!

Next, loosen up by doing some gentle neck circles:



### How to do neck circles

- Sit cross legged in a comfortable position.
- Take a few moments to relax your shoulders, arms and face.
- Then, gently circle your head in figure eight motion.

Repeat this five times, then do it again in the opposite direction.

Shake off the rest of your energy through your finger and toes.

Well done!





And then shoulder circles:



### How to do shoulder circles

- Sit in a comfortable position
- Close your eyes if you like.
- Roll your shoulders forwards in a circle.

Repeat this five times., then repeat the shoulder rotations in the opposite direction five times.



See how it's done: https://binged.it/2JMhJWo











# Record your own games!

SPORT ENGLAND	CHOIN
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# Record your own games!

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## **Monitoring and Evaluation**







### Why do we need to fill in the forms?

This project is part of large group of pilot projects funded by the Lottery through the Sport England Families Fund. The aim of which is to evaluate approaches to improving family fitness. For comparison, collected data needs to be the same across all the projects.

In order to see whether Active Families is a sustainable and successful way of increasing family activity levels, we need data from everyone who takes part; every child and every adult including regular volunteers, and also data about the sessions and session attendance.

You will need to collect the following data from all participants, even if they only attend for a short time.

- · Baseline demographic data
- Baseline activity levels
- Follow up activity levels
- Baseline attitudes to sport and physical activity
- Follow up attitudes to sport and physical activity
- · Views on quality of experience
- Data relating to 'Government Outcomes' (mental wellbeing, individual development, social and community development) (baseline and follow up)

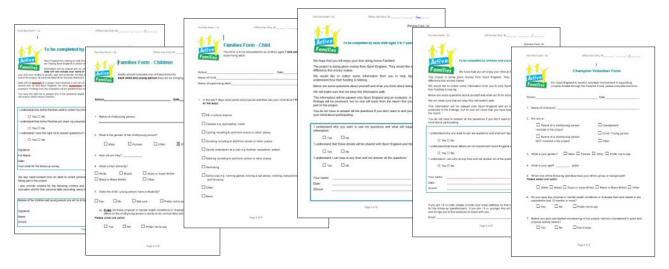
This information is then given to Sport England so they can understand who the programme is reaching. Sport and physical activity data are being collected so they can understand participants' levels of physical activity before and after their engagement with the project. Data relating to participants' wellbeing and mental health are being collected so they can understand if projects are contributing to wider social and personal (as well as sport/physical activity-related) outcomes for individual participants. Some of this data will then be compared to national datasets.







### Which forms do we complete?



- Form 1a—Every adult who attends a session should fill this out.
- Form 1b—This form should be completed an adult for each child attending
- Form 1c—An adult should complete this form for each child under 7
- Form 2a—Each child aged between 5 and 7 should complete this form
- Form 2b—Each child aged between 8 and 17 should complete this form
- Form 3b—Every Parent Champion and regular volunteer should complete this form
- **Form 4a**—Every adult who has participated in Active Families should complete this form 3 MONTHS AFTER THEY BEGAN THE SESSIONS
- **Form 4b**—Every child aged 8-17 who has participated in Active Families should complete this form 3 MONTHS AFTER THEY BEGAN THE SESSIONS
- **Form 4c**—Every child aged 5-7 who has participated in Active Families should complete this form 3 months AFTER THEY BEGAN THE SESSIONS
- **Form 4d**—Every adult should complete this form 3 MONTHS AFTER THEY FINISH being involved in the Active Families programme.
- **Form 4e**—Every child aged 8-17 should complete this form 3 MONTHS AFTER THEY FINISH being involved in the Active Families programme.
- **Form 4f**—Every child aged 5-7 should complete this form 3 MONTHS AFTER THEY FINISH being involved in the Active Families programme.







### Top tips for collecting your Sport England data

- Using a coffee morning and/or a taster session, involving as many staff as possible especially those with community languages, has proven to be the best way to sign up families to the project and get the forms completed.
- Consider individual meetings with some families to complete the questionnaires. Particularly those for whom the paperwork is particularly off-putting.
- Make sure families are aware of the incentives to join the project. It's not all about the paperwork!
  - \* The equipment they get to keep
  - \* Having fun together as a family
  - \* Making friends with other families
  - \* Becoming more active
  - \* Becoming more involved with school
- Would translation help? Speak to PEN if you think you could facilitate this or if it would help significant number of your families.
- Would digital collection help? Speak to PEN if you think you could facilitate this or if it would help significant number of your families.
- Feel free to adapt and personalise the forms with your school logo or Active Families name, but please don't re-word the questions.

If any of the questions are particularly difficult, or don't make sense – please let us know.





# imals



An Early Years and Primary curriculum based activity sheet for the whole family.

**Dear Diary** 

Choose an animal and write a diary entry about their typical day in the zoo. Use zoo webcams and websites to find out more!



OR

Write a diary entry describing a Day in the Life of a zookeeper.



Did you know...

... Zoos around the world are raising cheetah kittens with puppy companions to help the cheetahs deal with excess energy, learn social cues, and combat stress!

### We're going to the zoo!



Let's all sing together and do the actions!



### Guess the Animal

Can you use three adjectives to describe a zoo animal? Can another member of your family guess the animal?

### Who am I?

Think of your favourite zoo animal. Other family members have to ask you questions in order to guess what animal you are thinking about.

BUT you are only allowed to answer yes or no!

### How are you helping?

- · Reading, talking, singing and writing together helps your child's development in lots of different ways.
- Listening to your child asking questions and helping them find the answers can really help your child's understanding.

### Spy alert!

Use Edinburgh Zoo website to check the live webcams.

Talk about what types of animals you can see?

What country do they come from?

What are they doing?

What do you think they eat?

Who looks after the animals?

Check out www.chesterzoo.org/

Can you find out about animals that are at risk of extinction? What is the role of the zoos to sup-



Zoo spy cam



### Animal patterns

Look at the markings on the animals. Can you draw some of them?

You could make animal masks using the markings you have made!



### Igit goT

Dear Zoo by Rod Campbell is a brilliant book to share with little ones. Listen to it together here..



### Do some junk modelling!

Design an animal enclosure for your favourite zoo animal!

Find some big cardboard boxes and some other scrap such as old newspapers, cardboard tubes, cereal boxes etc.





### Home learning activities

This home learning activity has been designed to help families of any size to be more active together and in any situation or location.

- Consider keeping a record of how active you have been together as a family at home. Can you make it competitive? Make a wall planner to chart your progress.
- Which were the children's favourite activities? Which were the adults'? Have you made up any games? Let us know how you're getting on by tweeting @PENetworkUK and we'll share!
- We're still trialling this resource, but have made it publicly available for free due to the current COVID-19 situation. Please let us know what you think of these activity sheets. Which were the best bits? Any problems? You can do this by emailing helen@penetwork.co.uk







## Active **Families**

Home activity

# 3all Game



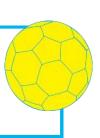
### You will need:

**Ball Games** 

### A ball

Some markers for goals you could use jumpers

Some used plastic bottles



How many times can you

throw and catch the ball between two people?

Make it harder!

Throw between three, four or more people. Add another ball, a beanbag or

Try doing some or all of the activities on

this sheet. Which games are new? Which

of these games is your favourite?

rolled-up socks so there are two (or more) things going round.



### Did you know?

Regular physical activity reduces the risk of heart disease and other medical conditions e.g. diabetes and asthma.

### Striker!

Catch

The more people you have the better. Get everyone in your

family involved!

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- Arrange the bottles in a triangle
- Mark the starting line with chalk and start bowling! You can play as a team or as individuals - keep score as you go along.
- To play indoors, use masking tape to mark the start line and use a softer ball.

Can you feel your heart beat faster? Are you breathing harder?





**Home activity** 

Hot

Standing in a circle, try to keep the ball in the air as much as you can. Shout "Hot Potato" as you throw the potato ball or beanbag from one person to another. You can play this game to music and when the music stops, the person holding the potato is 'out'.

The last person left is the winner!

### Make it harder

Play faster music, or make the circle bigger.



### Did you know?

You don't have to do it all at once! Spread activity throughout the day-10 minute chunks all add up and are just

effective, so sit less and move more!





See how it's done:



Piggy in the middle





Two people throw the ball to each other. A third player stands in between them ("Piggy") and tries to catch the ball before the other player.

When Piggy catches the ball, they take the place of the player who missed it, who then becomes "Piggy".

### Make it harder!

The two throwers stand further away from each other, or use a smaller ball.



### Walking challenge: Week 3

Do you remember where you walked to last? Can you beat your time?

Try walking a little bit further away each time. What interesting things can you spot on your journey that you don't normally notice when travelling by car or bus?

How much further did you walk?







### **Cool Down**

"Your muscle is like spaghetti. When the muscle is cold, like uncooked spaghetti, it is difficult to bend and stretch. But when the muscle is warm, like cooked spaghetti, it will stretch and grow longer and remain that way. Think of your muscle as warm, cooked spaghetti. Stretch it gently."

Walk slowly round the room for 1 minute, shaking hands and feet gently as you go.

Move into a circle, facing inwards and mime some stretches:

- Reach up to the sky stand on your tip toes!
- Bending down to touch your toes try to keep your legs straight!

Next, loosen up by doing some gentle neck circles:



### How to do neck circles

- Sit cross legged in a comfortable position.
- Take a few moments to relax your shoulders, arms and face.
- Then, gently circle your head in figure eight motion.

Repeat this five times, then do it again

Shake off the rest of your energy through your finger and toes.

Well done!





And then shoulder circles:

2

### How to do shoulder circles

- Sit in a comfortable position
- Close your eyes if you like.
- Roll your shoulders forwards in a circle.

Repeat this five times., then repeat the shoulder rotations in the opposite direction five times.



See how it's done:







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# Record your own games!

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# Record your own games!

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## Home learning activities

This home learning activity has been designed to help families of any size to be more active together and in any situation or location.

- Consider keeping a record of how active you have been together as a family at home. Can you make it competitive? Make a wall planner to chart your progress.
- Which were the children's favourite activities? Which were the adults'? Have you
  made up any games? Let us know how you're getting on by tweeting

  @PENetworkUK and we'll share!
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## **Balloons**

### You will need:

1 pack balloons

2 markers - you could use chairs or cushions



Try doing some or all of the activities on this sheet. You might have played some games before, which is your favourite?

you, make

teams.

Can you feel your heart beat faster? Are you breathing harder?



Home activity

### Balloon Bounce

Everyone lines up behind a marker. Another marker is placed some distance away.

Time how long it takes each member of the family to jump with the balloon between their feet, from the first marker, round the second and back to the first.

If the balloon is dropped, the player must return to the last marker they passed and continue from there.

Who can go fastest? If there are enough of

### Make it harder!

Put balloons between vour knees - have some spare balloons, just in case! Or place a soft toy on one foot and keep it there while walking.



See how it's done:



### Did you know?

A child is 50% more likely to be active if they have an active parent.

### Balloon Lava

How long can your family keep one balloon in the air? Three minutes? Five? Now try with more balloons. Don't let any of the balloons hit the floor (lava)!

### Make it harder!

Use more balloons than people or, do the same thing, but lie on your backs and only use your feet to keep the balloons up in the air!



See how it's done:





Prefer to use bubbles? You can have lots of fun jumping around trying to pop bubbles inside and outside. Take turns to blow them; see who can make the biggest one!







Home activity

Pass the Balloon

Get everyone in your family to stand in a line and see how quickly you can pass a balloon down the line and back again. You could pass it over the head of one person and between the legs of the next

person, or under the chin, or between the knees... can you think of any other ways?

If you have space, the person at the front of the line can run to the back ready to have

another turn.

Make it harder!

Make it faster. Put on some fast music and see if you can keep up with the beat!

Balloon Sweep

Blow up lots of balloons and place them in different rooms. Take it in turns to see who can collect the most balloons in one minute.

The player who collects the most, wins.

### Make it harder!

Play to fast paced music, use more balloons or try to do it in less time.



### Did you know?

Physical activity helps children and young people to grow and helps to develop and protect their muscles, bones, heart, lungs and circulation and helps them maintain a healthy weight.

Before you blow up the balloons, cut up small pieces of paper and have each person write or draw something they love about another member of the family. Stuff the little papers into the balloons. When the balloons pop you can read the messages out loud.

Balloon **Surprise** 



Always make sure you dispose of burst balloons responsibly as they can be dangerous to wildlife and small children. When finished, put them straight in the bin!









Walk to a destination a bit further away than usual. Time how long it takes you to walk

there. Record it and see if you can beat your time on your next trip!

# **Families**

# Cool down



### **Cool Down**

"Your muscle is like spaghetti. When the muscle is cold, like uncooked spaghetti, it is difficult to bend and stretch. But when the muscle is warm, like cooked spaghetti, it will stretch and grow longer and remain that way. Think of your muscle as warm, cooked spaghetti. Stretch it gently."

Walk slowly round the room for 1 minute, shaking hands and feet gently as you go.

Move into a circle, facing inwards and mime some stretches:

- Reach up to the sky stand on your tip toes!
- Bending down to touch your toes try to keep your legs straight!

Next, loosen up by doing some gentle neck circles:



### How to do neck circles

- Sit cross legged in a comfortable position.
- Take a few moments to relax your shoulders, arms and face.
- Then, gently circle your head in figure eight motion.

Repeat this five times, then do it again

Shake off the rest of your energy through your finger and toes.

Well done!





And then shoulder circles:

2

### How to do shoulder circles

- Sit in a comfortable position
- Close your eyes if you like.
- Roll your shoulders forwards in a circle.

Repeat this five times., then repeat the shoulder rotations in the opposite direction five times.



See how it's done:



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# Record your own games!

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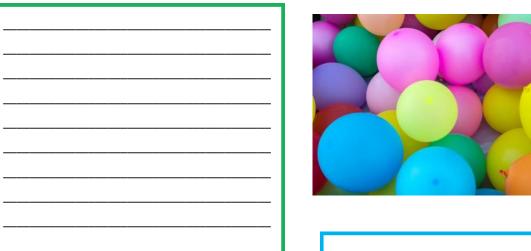
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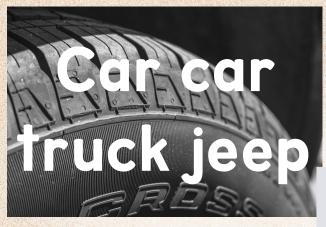
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Talk about transport you have used.



Which is your favourite? Why?

Is there one you would like to drive?

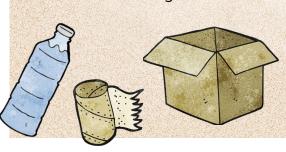
go on it? Where were you going?



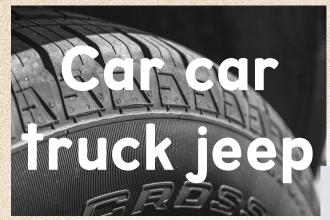
### Make your own vehicle!

Why did you

You could use empty cereal boxes, plastic bottles and cardboard tubes. There are no rules—get creative!









Talk about transport you have used.



Which is your favourite? Why?

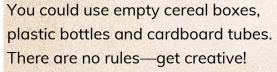
Is there one you would like to drive?

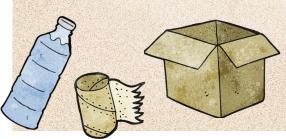
go on it? Where

were you going?



Why did you









Sing the book and talk about the pictures.



Walk and talk!

Go for a walk together. Can you spot any of the vehicles from the story? Talk about the vehicles you can see.



### How are you helping?

- You can help your child to learn by reading to them;
- Chatting with them helps them develop their language;
- Songs help them to learn about rhythm and rhyme.

What noise do police cars, ambulances and fire engines make? Why do they make that noise?

What do they do to help us?



Sing the book and talk about the pictures.



Scan using a QR scanner to hea the song



Go for a walk together. Can you spot any of the vehicles from the story? Talk about the vehicles you can see.



### How are you helping?

- You can help your child to learn by reading to them;
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# Home learning activities

This home learning activity has been designed to help families of any size to be more active together and in any situation or location.

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# Active **Families**

**Home activity** 

# Chalk

# You will need:

A piece of chalk.

Some electrical or masking tape.



Try doing some or all of the activities on this sheet. Some games. Which of these games is your favourite?



# Simon says

To start, choose one player to be 'Simon'. The rest of the players gather in front of Simon as he calls out actions starting with the phrase "Simon says": "Simon says... touch your toes."

The players have to do what Simon says, touching their toes. If Simon calls out an action that doesn't start with

"Simon says," the players must not do the action. If they do, they are out of the game.

The last player left in the game wins and becomes the next 'Simon'.

# **Make it harder!**

Make the actions more energetic: run on the spot, star jumps, hop on one leg etc.

Can you feel your heart beat faster? Are you breathing harder?



Draw out a grid on numbers matching a phone pad. Take it in turns to be on the pad with another person shouting out numbers to hop between.

Try hopping (or jumping) out phone numbers, birth dates etc.

Number square

# Did you know?

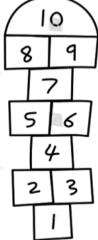
Low physical activity is one of the top 10 causes of disease and disability in England-being active for even just 10 minutes a day will make a difference to your long term health!



Draw a hopscotch grid on the pavement, yard etc. Toss a stone or beanbag into the number 1 square. Hop on the single squares, and jump on the double (one foot in each), to the end and back again, picking up your beanbag on the way back. Don't put your other foot down!

Then repeat, going up a number each time.

Hopscotch







**Home activity** 

# Walk with chalk!

A pack of chalk is a quick and easy way to keep everyone occupied and have fun at the same time!

- Use chalk to draw the start and finish lines of a race. Then come
  up with different ways to get to the end: running, marching,
  galloping, using a bike or scooter, skipping etc.
- Use chalk to **set boundaries** or to define a **safe zone** for little ones who might not want or be able to join in the family activity.
- Use chalk to help give children room to run and play while keeping them safe. **chalk arrows and 'no entry signs' to mark out a path** you're happy for them to follow. Make sure they know what all the symbols mean!
- Little ones can keep busy **drawing a picture** that will wash away with the rain while everyone else takes part in the family activity.



See how it's done:





# Top tip

Use masking or electrical tape on the floor instead of chalk if you're doing these activities indoors.



Can you feel your heart beat faster? Are you breathing harder?

# Did you know?

Men are more likely than women to be sedentary for 6 hours or more! Come on dads!



# Walking challenge: Week 2



your chalk to draw a treasure trail with arrows or instructions in a park, on the pavement. Or just around your garden!

You could hide a surprise at the end!

Where did you go?





# **Cool Down**

"Your muscle is like spaghetti. When the muscle is cold, like uncooked spaghetti, it is difficult to bend and stretch. But when the muscle is warm, like cooked spaghetti, it will stretch and grow longer and remain that way. Think of your muscle as warm, cooked spaghetti. Stretch it gently."

Walk slowly round the room for 1 minute, shaking hands and feet gently as you go.

Move into a circle, facing inwards and mime some stretches:

- Reach up to the sky stand on your tip toes!
- Bending down to touch your toes try to keep your legs straight!

Next, loosen up by doing some gentle neck circles:



## How to do neck circles

- Sit cross legged in a comfortable position.
- Take a few moments to relax your shoulders, arms and face.
- Then, gently circle your head in figure eight motion.

Repeat this five times, then do it again

Shake off the rest of your energy through your finger and toes.

Well done!





And then shoulder circles:

2

### How to do shoulder circles

- Sit in a comfortable position
- Close your eyes if you like.
- Roll your shoulders forwards in a circle.

Repeat this five times., then repeat the shoulder rotations in the opposite direction five times.



See how it's done:







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# Comets



An Early Years and Primary curriculum-based activity sheet for the whole family

### **Space Scientist**

What is the proper name for someone who studies the Solar System?



Can you make some

actions to

words?

go with the

### Did you know...

... A comet is a chunk of ice, rock, and gas flying through space. When they get close to the sun, they heat up. We can see their glow and long tails.

# Flying Saucer Song



Sing the <u>Flying</u> <u>Saucer Song</u>



# My Comet

Make your own comet that you can fly around the room!

Use a wooden spoon.

Cut to different strips of shiny wrapping ribbon attach them to the spoon of end with some

sticky tape.

One is the **gas tail** the other the **dust tail**Wrap some tin foil or shiny paper around the spoon end this makes the **nucleus** and **coma** of your comet.



# **Key Words**



Research comets and find out what the following words are: gas tail, dust tail, nucleus and coma.

Can you draw a comet and label the key terms?

### Read More...

Hidden Figures Young Readers' Edition by Margot Lee Shetterly

A Child's Introduction to the Night Sky by
Michael Driscoll

I Love You, Michael Collins by Lauren Baratz -Logsted



Gravity by Jason Chin Margaret and the Moon by Dean Robbins

### Find out more...

... Halley's Comet is the most famous comet. It is a "periodic" comet and returns to Earth's vicinity about every 75 years. The last time it was here was in 1986, and it is projected to return in 2061.

Why is the comet called Halley's comet? How old will you be in 2061?

# Space Words

Can you write clues for each of these words, and make a guessing game to play together?

Gravity	Gas	Planet
Atmosphere	Orbit	Star
Comet	Rings	Moons
	Solar system	Asteroid

### How are you helping?

This activity will help you and your child to...

- Develop rhyming skills and awareness
- Sharing learning, learning something new together
- Encouraging finding out more.. research
- Talking, listening and asking questions
- Singing and creative play.



# Playing with dice

An Early Years and Primary curriculum based activity sheet for the whole family.



# **Emotions**



Draw different faces displaying different emotions and feelings on each side of the dice. Take it in turns to roll the dice and say what emotion is shown. Can you try to recreate the expression?



# Animals



Draw pictures of different animals on each side of the dice. Can you make the noise of the animal that you roll?



# Shapes

Write a shape name on each side of the dice and draw whichever shape it lands on.



# Numbers



Roll the dice twice and record the two numbers every time.









Draw different body parts on each side of the dice. Point to and move whichever part you throw. What is it called? Can you do a funny dance only using that body part?

**Bodies** 

Which number is bigger? Usually opposite numbers of dice add up to 6, but can you make it so that the opposite numbers add

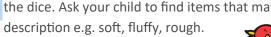
up to 10?



Write different textures and descriptors on each side o the dice. Ask your child to find items that match this











# Food



Draw a picture of an item of food on each side of the dice and decide if it's healthy or not. What are your favourite foods and why?





Draw different characters on each side of the dice. Roll the dice and use whichever character it lands on to create a different game or story. Roll the dice as many times as you'd like to add characters.



Towers

Whatever number you land on when you roll the dice, gather that many items and build a tower with them!







# Down at the Farm



An Early Years and Primary curriculum-based activity sheet for the whole family

# Old MacDonald...

What noise does a chicken, or a cow make? How many farm animal noises can you make?

What is your favourite farm animal?

How many different farm animals have you seen before?

Sing Old MacDonald had a Farm together and make the actions and noises of the animals.







## Sculpture

Can you make a 3D sculpture of an animal using items from around the house?

What materials will you use to create the shape of the animal? You could use items from the recycling, playdough or lego!

Can you give clues as to what animal it is?

### Find out more...

... Look at the labels inside your clothes, how many of them have wool in them? If not what else are they made of?

## Wordsearch

Make your own search using vocabulary from the farm. Draw a grid and write in the words, then fill the empty boxes with random letters. Have a look at this one to get you started!



Cat	Dog	Cow
Goat	Horse	Pig
Duck	Chicken	Sheep
Fish	Bird	Mouse



## Read More...

How Did That Get in My Lunchbox? The Story of Food by Chris Butterworth

The Very Busy Spider by Eric Carle
The Grumpy Morning by Pamela Duncan Edwards
The Sheep-pig by Dick King-Smith

# Did you know...

... Wool is a super fabric! It has lots of amazing qualities that make it useful for making a range of products.

# **Farming and Food**



Look in your food cupboard. List how much of your food is produced on farms.

Where does your food come from? How much of your food is farmed in the UK?



# Weaving

Fabric made of wool is either woven, knitted or crocheted. Does anyone in your house knit or crochet? Ask them to show you how!

You could make a simple cardboard loom and learn to weave.







# How are you helping?

These activities will help you and your child to...

- develop conversational skills
- develop a greater awareness of nature and animals
- practice and improve turn-taking skills.



# Make your own dice

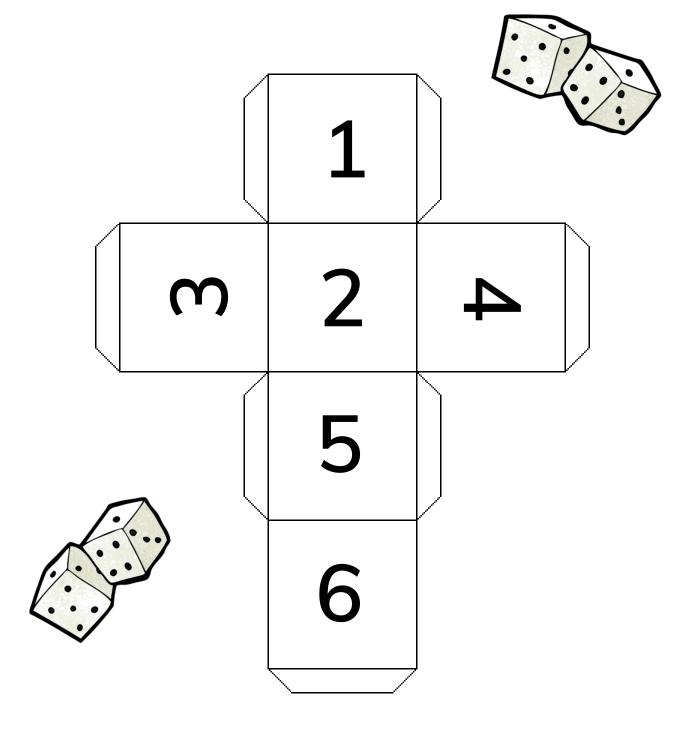
An Early Years and Primary curriculum based activity sheet for the whole family.



Step 1: Cut out the shape

Step 2: Fold along the lines

Step 3: Tuck and glue the tabs inside the cube





# Make your own dice



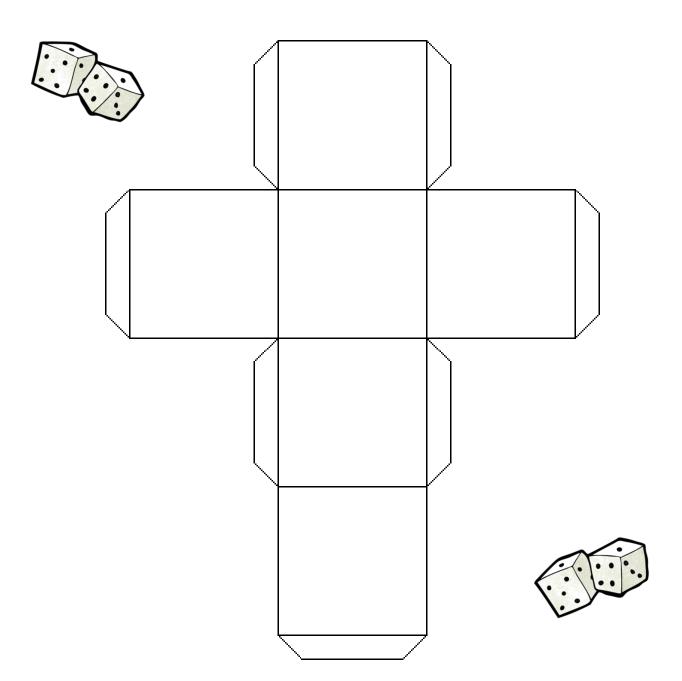
An Early Years and Primary curriculum based activity sheet for the whole family.

**Step 1:** Draw your own images on the 6 different sides of the dice. You could use the "Playing with dice" worksheet for ideas on what to write or draw

**Step 2**: Cut out the shape

Step 3: Fold along the lines

Step 3: Tuck and glue the tabs inside the cube





# Home learning activities

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# Active **Families**

Home activity

# **Hula Hoop**

# You will need:

Some hula hoops.

Some bean bags, balls or a frisbee.



Try doing some or all of the activities on this sheet.

Which of these games is your favourite?



Spin a hoop around your waist and keep it going for longer and longer periods of

time. This will take a lot of practice! Record your efforts and see how much you improve.



There are lots of videos on YouTube which explain how to hula hoop - have a look!

www.youtube.com

# Make it harder!

Try shifting the hoop up to your neck and back

Get two hoops whirling around each arm at the same time.



Set the hoop on the ground or prop it upright as a target for beanbags or **Target** balls.

> You could also tie a hoop onto a rope and hang it from outdoor play

equipment or tree branch if you have any in your garden. On a hot day you could use water balloons!



Try to hit the targets from further away. Use a frisbee instead of a ball or beanbag. Set a timer for collecting the items back in - who can be the quickest to start again? Did you know that a round plastic chocolate box lid makes a fantastic frisbee!



Hoopscotch

You'll need several hoops for this game. Lay them out on the ground in a pattern you can hopscotch through.

Can you feel your heart beat faster? Are you breathing harder?





**Home activity** 

Hoop skipping

A hula hoop can be used just like a skipping rope. Hold the hoop vertically in front of your body. Then flip it down toward your feet, jump over it, and bring it back behind you and over your head.

Hula hoop pass

Have everyone stand in a line or circle holding hands. Give the first person the hoop looped over one arm. Players must pass the hoop down the line or around the circle without letting go of one another's hands.

# Make it harder!

Time yourselves doing it. Can you beat your time?

y 'the ground is lava' disco-style

Play 'the ground is lava' disco-style using hula hoops instead of the furniture! Put on some music and dance around. When the music stops the ground turns to lava; everyone must jump into a hoop to survive. The last one to jump in a hoop gets caught in the lava and is out!



# Top tip

Hula hoops make great bases for many kinds of tag.



# Walking challenge: Week 4

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Try walking at an earlier or later time of day and try to notice what's different. Is it colder, warmer? Can you hear birds, traffic? Keep a journal to help you remember what you've seen and heard.

# **Cool Down**

"Your muscle is like spaghetti. When the muscle is cold, like uncooked spaghetti, it is difficult to bend and stretch. But when the muscle is warm, like cooked spaghetti, it will stretch and grow longer and remain that way. Think of your muscle as warm, cooked spaghetti. Stretch it gently."

Walk slowly round the room for 1 minute, shaking hands and feet gently as you go.

Move into a circle, facing inwards and mime some stretches:

- Reach up to the sky stand on your tip toes!
- Bending down to touch your toes try to keep your legs straight!

Next, loosen up by doing some gentle neck circles:



## How to do neck circles

- Sit cross legged in a comfortable position.
- Take a few moments to relax your shoulders, arms and face.
- Then, gently circle your head in figure eight motion.

Repeat this five times, then do it again

Shake off the rest of your energy through your finger and toes.

Well done!





And then shoulder circles:

2

### How to do shoulder circles

- Sit in a comfortable position
- Close your eyes if you like.
- Roll your shoulders forwards in a circle.

Repeat this five times., then repeat the shoulder rotations in the opposite direction five times.



See how it's done:







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# Magic



An Early Years and Primary curriculum based activity sheet for the whole family.

# Magic props

What might a magician need to make magic? Have a look around your house for things that could help you.

Can you find a hat, a wand or a pack of cards?



# Did you know...

... The magical words "hocus pocus" are created because of the name of a sorcerer in the Norse mythology who was called Ochus Bochus.

# Magic books

Do you have a book about magic that you could read with your child? Some good one's are:

Meg and Mog by Helen Nicoll and Jan Pienkowski.

Harry Potter by J K Rowling

The Worst Witch by Jill Murphy

Carbonel by Barbara Sleigh

Mr Majeika by Humphrey Carpenter



Listen to Meg and Mog.



### Wizard words

Make some letter tiles out of scrap paper and find a 'cauldron' from your kitchen to make word spells. Choose three or four letters and put them into the cauldron. Make this spell while you are stirring with your wand:

"Stir the letters round and round, Stir them so they blend their sounds. Eye of bat and beak of bird, Tip them out and make a word."

Now tip the letters onto the tray and see if you can make a word. Has your spell worked? If you can't make a real word, choose some different letters and have another go or try making a nonsense word!



# Wizard game

Each player takes a sticky note and writes down a noun on each one: e.g. mouse, horse, bicycle.

Stick the note on another's forehead so they don't know what they have been turned into and say this spell:

"Are you a fruit, a toy or a car? Ask questions to find out just what you are. A wave of the wand, count one and two. A sprinkle of magic and I will change you... Alla-ka-zap!"

Each player takes it in turn to ask a yes or no question about what they might be.

If the answer is yes that player gets to ask another question. If the answer is no, then it is the next player's turn.

The winner is the first person to find out what they have been changed into!



## Did you know...

... .There are two kinds of magic: Black magic and white magic!

# Spooky spells

Read a book with your child. If there are any spells in it, what ingredients are used? You could make up your own spells and write a list of what you need. Legs of bugs, tail of rat, quack of duck, cobwebs?



Pretend that you have collected all the weird and wonderful ingredients. Put them in a cauldron, stir them up, wave the wand and cast your spell.

# How are you helping?

Making up and acting plays or playing games will develop their speaking skills and confidence

Having fun with reading and writing games will help your child feel more confident and motivated to read and write.





# Home learning activities

This home learning activity has been designed to help families of any size to be more active together and in any situation or location.

- Consider keeping a record of how active you have been together as a family at home. Can you make it competitive? Make a wall planner to chart your progress.
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# **Moving to Music**

# You will need:

Some music



Try doing some or all of the activities on this sheet. What is your favourite type of music to move to?

Move to the music

Can you feel your heart beat faster? Are you breathing harder?

# Put on your favourite music and dance!

BBC Supermovers has some fantastic videos to get you moving. Check out www.bbc.co.uk/teach/ supermovers





# Traffic lights

Give each colour an action

such as:

Red - dance with a partner

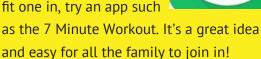
Yellow – do the twist

Green - Ballet move

Practise the actions before the start of the game.

Try an App!

If you want a regular cardio and strength workout but struggle to fit one in, try an app such



Put on some music and move freely. On the call of "red," "yellow," or "green", players do that action (it doesn't matter if you get it wrong - that's part of the fun!).

The variations of this game are endless. Other traffic light actions could be: Jump, hop, run to a specific corner of the room.

Let everyone up with ideas!

Make it harder

come

Put on some faster music



Do you have a games console at home? Nintendo Wii, Xbox and PlayStation all have games that can be played as a family such as Just Dance, Wipe Out, Wii Fit and Zumba

Fitness. They can be lots of fun too. Do you have any forgotten games at home that can be dusted off and used to help you become more active?





**Home activity** 





Home activity

Everyone stands in a circle. One player starts the dance chain by making a simple dance move such as waving a hand in the air or jumping once.

Everyone copies the action in turn. Once the entire circle has done it, the next player to the left leads by repeating the move and adding a move of their own. Go round the circle, copying both actions. Keep going, adding a new move each time, until an entire dance routine has been created.

If everyone is good at remembering the moves, you could end the game with the whole circle performing the routine together.

# Dancing chain

# Musical statues

Put on some music to dance to. Everyone dances until the music stops. When it does, players have to freeze in whatever position they find yourselves in – even if it's hard to balance!

The first person to move is 'out'. The last player left standing is the winner.

A variation on this game is Musical Bumps. When the music stops, players must sit on the floor as quickly as possible. The last one to sit down is out!

Make it harder!

Ask players to freeze in specific poses: animals, shapes, letters or even yoga poses.

# Join www.gonoodle.com for lots of family dance videos to join in with together. It's free and lots of fun!



24 HOUR CHALLENGE

10 minute missions

from your favourite Disney Pixar characters. Can your family take on The Incredibles?







# **Walking challenge: Optional Week**

Can you plan a walk using the Walk-it website? This great website will create a route map between any two points, or a circular route, and will give you details about your journey time, calorie burn, step count and carbon saving. It's quick, free, healthy and green.

Walkit.com

# **Cool Down**

"Your muscle is like spaghetti. When the muscle is cold, like uncooked spaghetti, it is difficult to bend and stretch. But when the muscle is warm, like cooked spaghetti, it will stretch and grow longer and remain that way. Think of your muscle as warm, cooked spaghetti. Stretch it gently."

Walk slowly round the room for 1 minute, shaking hands and feet gently as you go.

Move into a circle, facing inwards and mime some stretches:

- Reach up to the sky stand on your tip toes!
- Bending down to touch your toes try to keep your legs straight!

Next, loosen up by doing some gentle neck circles:



## How to do neck circles

- Sit cross legged in a comfortable position.
- Take a few moments to relax your shoulders, arms and face.
- Then, gently circle your head in figure eight motion.

Repeat this five times, then do it again

Shake off the rest of your energy through your finger and toes.

Well done!





And then shoulder circles:

2

### How to do shoulder circles

- Sit in a comfortable position
- Close your eyes if you like.
- Roll your shoulders forwards in a circle.

Repeat this five times., then repeat the shoulder rotations in the opposite direction five times.



See how it's done:







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# Our Hands



An Early Years and primary curriculum based activity sheet for the whole family.

# Talk about your hands

Whose is bigger?

Do they have lines on?

Are you wearing nail varnish?

Are you wearing any rings? What do they mean?

What can you do with your hands?

### Draw

Draw around your hands.

Write or draw pictures inside your hand drawings of ...

... your favourite foods

... your favourite colours

... something special about you

... who you love.



Draw round your hands on some spare paper and cut them out. Put them together in a circle. In the middle, write down what you like doing together.



Did you know... ... Your hands have 29 joints and 27 bones!



How are you helping?

This activity will help you and your child to...

- think and talk about your family
- practise writing
- learn new things
- be creative.

# Shadow puppets

### You will need:

- A light source, the sunshine, a lamp or a torch
- A plain coloured wall.

Practise making the shadow puppets—everybody can have a go! Can you make up any of your own?

Can you put the shadow puppets you have learnt into a show?



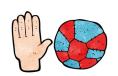
Learn how to make shadow animals!



### Words words!

Use "hand" to make some compound words.

- **hand**ball
- **hand**bag
- **hand**cuff





Did you know...

... that hand is an ancient unit of measurement. Now standardised to 4 inches or 16 cm. A Hand is measured is the span of your hand from the tip of your thumb to the tip of your little finger.

What is the span of your hand? Can you measure it?

Measuring

Use your handspan to measure objects around your house, compare your measurements with other family mem-





# Home learning activities

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- Consider keeping a record of how active you have been together as a family at home. Can you make it competitive? Make a wall planner to chart your progress.
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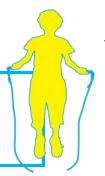
# Skipping

# You will need:

A skipping rope. A beanbag.

Some hula hoops. Some chalk.

A ball Some cushions.



Try doing some or all of the activities on this sheet. Which of these games is your favourite?



Home activity

# **Snake in** the grass

2 people sit on the floor, each holding opposite ends of the skipping rope. They wiggle the rope across the floor as the rest of the family jump over it.

If the rope touches someone, they are out. The winner is the last jumper to remain. Swap places and play again.

# French skipping rhyme:

England! (jump landing with both feet outside the elastics) Ireland! (jump again landing with both feet inside the elastics) Scotland! (jump outside again) Wales! (jump landing both feet on an

Repeat again to the rest of the rhyme:

elastic)

Inside, outside, puppy dogs tails!

Make it harder by turning in the air to face the opposite way when you land. What rhymes can you think of?





To test whether the rope is the right length for you, stand on the rope with both feet and point

the handles to the sky. The handles should be between your waist and your shoulders.

Can you skip five times? Ten? Twenty? Who in the family can skip for the longest?



















**Home activity** 



You will need a longer rope for this.

Make sure you have plenty of space and that the surface is suitable for running and jumping.

To start with, turners need to ensure they are positioned so that at least a metre of

rope is hitting the floor when it is being turned.

Skippers jump in when the rope hits the ground when they feel confident to do so.



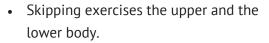
# Family skipping rhyme:

Mabel, Mabel, set the table. Do it as fast as you are able. Don't forget the

SALT, PEPPER, KETCHUP, MUSTARD. (Keep repeating the last line while turning the rope. If the jumper misses on "pepper", then the turners begin turning the rope fast doing "hot peppers".)

Can you feel your heart beat faster? Are you breathing harder?

# Skipping facts





Skipping promotes strength, balance and power.

Skipping burns twice as many calories as walking.



Create an obstacle course out of whatever you have

nearby.

Set a challenge: who can complete the course quickest? Who can complete it silently? Who can complete it backwards? If there are enough of you, make teams. An example of an indoor assault course:

- Weave through a set of markers. Use beanbags or cushions as markers
- Pick up a skipping rope and jump 10 times
- Toss 3 beanbags into a hula hoop target
- Do 10 star jumps. Use a skipping rope as a line to balance along.



See how it's done:



Struggling to skip? Or want to up your game to work-out level?

Have a look at www.skip-hop.co.uk





Plan a family walk to a nearby green space if you can. Make sure you have comfortable shoes, water and are equipped for the weather... suncream or sunhats? waterproofs and wellies? Splash in puddles, look out for wildlife and see what adventures you can have!







# **Cool Down**

"Your muscle is like spaghetti. When the muscle is cold, like uncooked spaghetti, it is difficult to bend and stretch. But when the muscle is warm, like cooked spaghetti, it will stretch and grow longer and remain that way. Think of your muscle as warm, cooked spaghetti. Stretch it gently."

Walk slowly round the room for 1 minute, shaking hands and feet gently as you go.

Move into a circle, facing inwards and mime some stretches:

- Reach up to the sky stand on your tip toes!
- Bending down to touch your toes try to keep your legs straight!

Next, loosen up by doing some gentle neck circles:



## How to do neck circles

- Sit cross legged in a comfortable position.
- Take a few moments to relax your shoulders, arms and face.
- Then, gently circle your head in figure eight motion.

Repeat this five times, then do it again

Shake off the rest of your energy through your finger and toes.

Well done!





And then shoulder circles:

2

### How to do shoulder circles

- Sit in a comfortable position
- Close your eyes if you like.
- Roll your shoulders forwards in a circle.

Repeat this five times., then repeat the shoulder rotations in the opposite direction five times.



See how it's done:







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# Spiders



An Early Years and Primary curriculum-based activity sheet for the whole family



# Spider-Man

Spider-Man is a fictional superhero created by writer-editor Stan Lee and writer-artist Steve Ditko. He first appeared in the anthology comic book Amazing Fantasy in 1962.

What special 'spider like' qualities do you think he has? Can you draw a cartoon that features some of these qualities?

Did you know...

... Spiders are arachnids, not insects. Other members of the arachnid family include scorpions, mites and ticks!



### Read More...

Do you have some books about spiders you could read with your child? Here's some we like!

Charlotte's Web by E.B. White *I'm Trying to Love Spiders* by Bethany Barton

Aaaarrgghh! Spider! by Lydia Monk Miss Spider's Tea Party by David Kirk Bear's Scare by Jacob Grant Diary of a Spider by Doreen Cronin

# **Incy Wincy Spider**



Can you sing Incy Wincy Spider together?

Don't forget the actions!



# Spider Quiz

Make up a quiz on the theme of spiders. Here is a question to get you started: Aragog is the spider in

### How are you helping?

These activities will help you and your child

- Asking open questions encourages your child to use language and share ideas.
- Listening to your child encourages them to talk more.
- Singing songs helps children to develop an awareness of rhythm and rhyme.
- It is important to encourage children to enjoy moving their bodies to keep them healthy and fit.

which book?

# In Your Garden

See how many spiders or little animals you can find. Talk about them.

You could help your child asking questions: Where do you think we could find some little animals?

I like eating toast for breakfast. I wonder what they eat?

Can you spot any differences between the little creatures we have seen?

Have you noticed that sometimes something magical happens to spiders' webs in the mornings?

# Spider Web

Can you make a spiders web from string, or wool?

### Find out more...

... Some people keep spiders as pets. Find out more about this and write a leaflet about how to keep spiders. Include pictures!



# Origami Spider

Make your own origami spider from foil!

Watch the video to find out how!





# Home learning activities

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# **Sports Day**

# You will need:

Try doing some or all of the activities on this sheet. Which of these games is your favourite?

# Active Families

**Home activity** 

A hula hoop

A beanbag

A chalk

A skipping rope

Sacks (or pillowcases or binbags)

Some markers for start and end of races — you could use a piece of chalk or some electrical tape

Some large kitchen spoons and 'eggs' (a tightly rolled up sock will do)



The race starts before you get in the sack. Jump to the end. The winner is first to cross the line. Little ones might need help getting in the sack. If you don't have anything to use as a sack, jump with feet together.



Three legged race

Two players run with the left leg of one runner strapped to the right leg of another runner. First pair

over the finish line wins!

Can you feel your heart beat faster? Are you breathing harder?



Over 18s
Want to
check out
how healthy you are?
Go to www.nhs.uk/
oneyou and get a
personalised on-line
health check!



Run the course using a hula hoop to skip through. Or, hold a hoop in the air at the finish line which players have to jump through. Take turns to run the course, to see who can do it fastest!

Balance an 'egg' (use rolled-up socks) on a spoon and race with it to the finishing line. Hands must not touch the 'egg' other

than to pick it up and put it back on the spoon if it is dropped.



See how it's done:







**Home activity** 



Complete the race balancing a beanbag on your head (stop and put it back on your head if it falls off).

Make it harder!



Find out how you can make your own beanbags and discover more games you can play together at https://www.wikihow.com/Make-a-Bean-Bag

Include obstacles such as a balance beam (chalk a line or use a skipping rope).



Dribble or bounce a ball through a course of markers (use jumpers, rolled up socks etc.)

# Make it harder!

Set the cones closer together.



See how it's done:





# An outside game for a hot day:

You will need:

2 buckets or bowls; 1 sponge.

Place the buckets a distance away from each other. Fill one with water.

One at a time, players soak their sponge in the full bucket, run up to the empty one and squeeze it out. They

then keep going or, if in a team, hand the sponge to the next person in line until everyone has had a turn and then measure the water in the far basins to see who has moved the most water over.



See how it's done:



**Set your family members a daily challenge!** Can Mum do 10 keepy-uppy's a day? Can your big brother learn to juggle? What will your challenge be? Create a leader board and keep track of everyone's achievements!

# Walking challenge: Week 6



How many places and how far have you walked together as a family since you started the challenge? What new things have you noticed and talked about on your walks? Remember to try to walk briskly for at least 10 minutes, 3 times a week.





# **Cool Down**

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# Three Little Pigs





An Early Years and Primary curriculum-based activity sheet for the whole family

### Read

Read the story together. There are lots of versions online. You can read a few and pick your favourite!

You can find one version here: tinyurl.com/pen-littlepigs

# Did you know...

Pigs wallow in mud to keep themselves cool.

Wolves can swim up to 8 miles!

Find out some more facts about pigs and wolves.

# Read more...

Charlotte's Web by E. B. White is a lovely story about a pig and a friendly spider.

# **Revolting Rhymes**

Have you read Roald Dahl's Revolting Rhymes? Listen to his version of the Three Little Pigs here:

penetwork.co.uk/revolting-rhymes



Talk about how you can tell the same story in lots of different ways. Can you write or draw your own version of the Three Little Pigs?

# How are you helping?

- Finding time to share a book will help your child become interested in reading.
- It's good for children to make things and be creative.
- Retelling stories helps to develop children's language.

# Houses

Have a go at making houses for the little pigs out of empty cereal packets, building bricks, newspapers or straws.

Pretend to be the greedy wolf and say "I'll huff and I'll puff and I'll blow your house down!"

Can the wolf blow any of the houses down?

# Pigs Fly

Play the "Pigs Fly" game.

The leader faces the group and calls out "Ducks Fly!" "Owls Fly!" "Pigs Fly!" and so on.

When an animal is named which **can fly**, the children flap their arms. When an animal which **doesn't fly** is named, they shouldn't flap their arms. Anyone who does is out!

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# Treasure Island

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A COMMUNITY INTEREST COMPANY (CIC)

An Early Years and Primary curriculum based activity sheet for the whole family.

# Dig for Treasure

Pretend that you are pirates. What Pirate names can you give yourselves? One-eyed Jake? Captain Rum Belly? Sally Scurvy? Hop-a-long Harry? Courtney Cutlass? Or you could make up your own pirate name.

You are looking for treasure. Sail to a desert island, find the treasure and start digging... but watch out for the other pirates!

### How are you helping?

Helping your child to recognise letters and hear the sounds that they make will help them to read and write.

Labelling the map will develop your child's writing and spelling skills.

### Dress up

You could make an eye-patches for

each other from old black material, paper and some elastic or thread. What other clothes can you find to make up your pirate costume?

### Treasure Map

Can you make a treasure map. Find a piece of paper and draw an island on it.

What sort of island is it? Are there caves or a swamp, a river or a forest?

Think of the names for the places on the island, Here are some ideas... Monkey Beach, Sunny field, Rowing Boat Cove, Pearl Coast, Adventure Meadow.

Remember to mark North, South, East and West.

Get an old teabag and dab it on the map to make it look old... you could also screw the map into a ball to make it creased or carefully rip the corners.

### Treasure Trove

Make some gold coins out of spare paper and write a letter on each one e.g. d p g

Say the sounds that the letters make.

One of you can hide the coins for the other to find.

Place the coins around the room so that you can still see them.

Call out one of the letter sounds written on a coin.

Can your child find the correct letter on it?

Maybe you could make words by putting the coins together.



### Read a book

Do you have any Pirate books you could read with your child? Here's a few suggestions:

- Pirates Love Underpants by Claire Freedman
- How to Train your Dragon by Cressida Cowell
- The Pirate Cruncher by John Duddle
- Captain Pike looks after the Baby by Marjorie Newman.

### Message in a bottle

Pretend that you are marooned on a treasure island. Can you write a message to put in a bottle to let someone know where you are and that you need rescuing! Who will come to get you?





Did you know...

... Pirates didn't really make people walk the plank!



# Vehicles



An Early Years and Primary curriculum-based activity sheet for the whole family

### **River Racetrack**



Make a 'river' race track by finding some space. Your living room or hallway will do! Mark a start and an end with chalk, a piece of string, or even just some cushions.

You could draw boats (or other vehicles) on a piece of paper and then cut them out. Use a newspaper or magazine to flap the boats down the 'river' racetrack. Who will win?

# Did you know...

... the first known boat dates back around 8,000 years-ago!



### Read More...

What books about vehicles can you share with your child? Some suggestions are:
Dig, Dig, Digging by Margaret Mayo
Lightening McQueen by Disney
Car, Car, Truck Jeep by Katrina Charman
The Man on the Moon: a day in the life of Bob by Simon Bartram

Take time to look at and talk about the pictures. Look at the people. If you were in the picture what would you like to be doing?

The BookTrust has some great books you can read along to online!



# Walk and Talk!

Go for a walk together and talk about the vehicles you can see. What colour are they? How many different types of vehicles can you see? Who do think is driving them and where do you think they are going?

# On the Building Site

Imagine that you and your child are on a building site and need to give instructions to each other.

The building site is very noisy! Can your child write instructions on a piece of paper?



## Find out more...

... Visit the <u>London Transport Museum</u> to find out what kind of engineer you could be, play games and discover more about engineering and the history of transport.

# **UK Road Signs**

On your walk can you spot any road signs, what do they mean, and who are they for?

Record them all on a piece of paper.

If you don't know look them up in the Highway Code.

Can you work out the difference between the triangle shape

and circular shaped signs, the different colours.

Design a quiz to play with your family.

## How are you helping?

- · Sharing learning
- · Encouraging them to find out more
- Talking, listening, reading and asking questions
- · Singing and creative play



# Water



An Early Years and Primary curriculum-based activity sheet for the whole family



### Creatures

Can you create your own underwater creature? Give it a name and describe its features. Talk about what it does and draw a picture so people know what it will look like. What colours will you use?

# Did you know...

... Jellyfish have been around for more than 650 million years, which means that they existed before dinosaurs!

### **5 Little Ducks**



Can you write down the numbers you sang about? Or draw a picture of the animals?

What other songs or rhymes about water do you know?

# Read More...

Here's some books about water we like!

The Water Horse by Dick King Smith

The Little Mermaid by Hans Christian

Anderson

Tiddler by Julia Donaldson Splish Splash Ducky by Lucy Cousins Curious George goes Swimming by H A Rey

# How are you helping?

This activity will help you and your child to...

- Develop rhyming skills and awareness
- Develop counting skills
- Playing games can help your child to learn and practise many different skills and develop their imagination and creativity
- Explore using different materials, tools and techniques.

# **Baby Boat**

Make your own boat or raft with things around the house.
Can you make a boat that floats? If it floats, how much weight can it hold?

# Did you know...

... The <u>Encyclopaedia Britannica</u> website has lots of information about fish. What creatures can you find out about? Does the sea have different underwater creatures to ponds, lakes and rivers? Can you create a fact file about the fish you have seen or would like to see?

### **Pond Life**

If you have something made out of blue fabric, spread it out to make a pretend pond, river or sea. Draw and cut out some fish—how many different designs can you use? Will your fish be spotty, stripy or curly whirly?

Drop your fish into your "pond". What are the fish doing? Can you jump in and swim with them?



# The Water Cycle

Water on Earth is constantly moving and is recycled over and over again. This recycling process is called the water cycle.

Here's an experiment to make it rain indoors!

Put some ice cubes on a plate, then pour around 3 cm's of hot

tap water into a glass jar.

Put the plate on top of the jar.

Watch what happens.

Can you see droplets forming on the bottom of the plate? If you tap the plate they will fall down like rain!



A song about the water cycle





