

get
active



Skip your way to 60 a day

Skipping uses lots of energy and is great fun, for girls and boys. It's a key form of training for many of the world's best athletes. Skipping ropes are cheap and you can take them everywhere. A piece of old rope or a long scarf work just as well.



Animal Magic

A fun family activity for toddlers and younger school children is animal magic - see who can hop like a bunny, walk like a spider, stretch like a cat or run like a monkey. It's a great way to be active and see who can make the funniest animal faces and noises too



Balloon Keepy Uppy

Challenge your kids to see how long they can keep the balloon up in the air for, using hands, feet, heads. They can play on their own, challenge friends or even you.



Grab your Wheels

Scooting, skate boarding, roller blading and cycling are all excellent ways to increase their active minutes. A bike ride before dinner is a great way to work up an appetite, or encourage them to use their own wheels to get to school instead of the bus.



Boogie Break

Dancing doesn't even feel like exercise. It's great fun and uses up loads of calories. And the kids can do it anywhere - in their bedroom, to the theme tune of their favourite TV show...Why not turn up the radio and enjoy a 10 minute boogie break with them?





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Minibeasts on the Move

Have you ever wondered where a bee buzzes to? When you spot a bee visiting a flower, wait and then follow where it goes. If you find a trail of ants, follow it forwards and backwards - where have they been and where are they going?



Get Bouncing

Trampolining is a winner for fun and fitness. Even the smallest trampoline in your garden or house, is enough to get your heart pumping and your muscles working.



Go Wild

Head to your nearest park, or woods and see what you can discover - why not make your own nature trail? Make a note of all the different insects, animals and trees you see, then look them up when you get home. You'll be amazed how different it is each time you go.



Scents of Spring

You will need to bring an old container such as a yoghurt pot with you for this activity. Look for things on the woodland floor, pick them up, crush them or break them between your fingers and smell. Add any smells to your pot that you like to make a spring woodland scent. Use a stick to mash them together. discover which animals may be attracted to your woodland scent.



Happy Hula

Hula hoops are a much-overlooked active hero. They're cheap, fun to use and there's so much they can do with them. From seeing how long they can keep it going round their waist, to rolling and catching it before it falls, skipping with it, to throwing it to try and hoopla friends. Why not grab a hoop and join in with them?

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Minibeast races

If you are exploring in a group, why not split into teams and create your own minibeast races with your bodies. You could race as in insect such as a beetle running on 6 legs, or as an 8 legged spider or a millipede with many more legs.



Woodland snakes and autumn flowers

Collect some fallen leaves of different colours. Lay them in a line to create a woodland snake, slithering between the trees, through holes and over logs. Look for leaves of different colours to create an autumn flower.



Measuring Cup or Jug

As with other aspects of measuring, pupils will initially use non-standard units for exploring capacity, e.g. small yoghurt pots to fill a jug, before moving on to measure in litres and millilitres by learning to accurately read scales. These interactive resources begin with using non-standard units (a cup or a jug), to start children thinking about choosing appropriate units in relation to size. The further resources look at whole litres and parts of litres, including estimating capacity then testing predictions.



Leaf storm

Create a large pile of fallen leaves and then use your feet to create the sounds of a storm. Here's a suggestion of what you could do: Stand with one foot buried beneath the leaves, take a small handful of leaves and wait for the storm to arrive... a breeze blew gently through the tree tops... one at a time start to gently rustle the leaves with your feet, begin to rustle more loudly, finally throw your handful of leaves.



Twig Towers

Environmental artists use natural woodland materials to build and create 3D art and sculpture in the woods. Gather some twigs, ready to create your twig tower. It could have a square base, a triangular base or be of your own design.

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Action Jumping

Each of these rhymes is meant for group jump rope. As everyone chants the rhyme, the jumper jumps while dramatizing the actions.



Wall ball

The idea is to throw and catch the ball according to a sequence of tasks. When you miss, you lose your turn and have to start all over the next time.



Position Direction and Movement

'Position' in the KS1 curriculum is initially about position of things in relation to other things, so, "above", "behind", "in between", "next to", and so on. These ideas quickly develop into concepts of direction and movement, often in the context of giving instructions to get from one place to another. Some activities will be in real world contexts, such as a route or journey; others will have more precise control and simulation contexts where detailed 'programmable' instructions will guide an on-screen object or a control toy such as a Roamer or Beebot. For this reason, this area of the curriculum can easily be covered in a cross curricular manner, linked to Geography, ICT or even Literacy.



Parachute

This game involves a large round parachute, preferably with handles, with people holding the parachute all around the edges. Players can just ruffle the parachute up and down a little bit, they can go all the way up and all the way down, or all the way up and then run underneath, sitting on the edge of the parachute, which can create a bubble of air with everyone inside. Players can also place light objects such as wiffle balls or beanbags on top of the parachute, and make them jump by ruffling the parachute. If there is a smooth floor and a light child, the child can sit in the middle on top of the parachute and everyone else can walk partway around still holding the parachute edge. Then everyone pulls backward, spinning the child. There are countless variations.



Shape and Space - Controlling Round a Route, Strictly Translation Dance Steps, Shape Monsters, Islamic Art and Shape

Shape and Space is a huge area of the maths curriculum, encompassing some important skills that also carry over to many other areas, such as D&T, Art, Geography and ICT. Luckily our amazing community of teachers have shared lots of resources to save you time and help get those vital concepts across



Red Light, Green Light

One person is the traffic light at one end, and the other players are at the other end. When the traffic light faces the group, he or she says, "Red light!" and everyone must freeze. The traffic light then turns his or her back and says, "Green light!" while the group tries to get as close to the traffic light as possible. The traffic light turns around quickly, again saying, "Red light!", and if anyone is spotted moving, they have to go back to the starting place. The first person to tag the traffic light wins and gets to be the next traffic light.



Labyrinths, Spirals and ropes

We began by using ropes. I thought this might help in that ropes being one continuous line, would enable the class to focus on the rope pattern rather than doing something that was more of a maze. I encouraged the children to fold a rope in half and use this to create a path. I thought this might help too. Other children understood the concept of a spiral labyrinth. This was created by standing in the centre and winding a folded rope around the centre. Mathematically their work is very interesting. First of all, it can be surprisingly hard to estimate where the exact halfway point or centre actually is. There is an element of illusion to spiral labyrinths



Outdoor Reflections

Younger children can fun creating a range of symmetrical pictures and patterns using a range of media. Immediately the outdoor possibilities of such experiences run riot in my mind where the explorations can be bigger, better and different. Before mirrors are handed out or put up outside, reflections can be explored and are sources of interest and fascination to children



Number bonds with sticks

One half of the children pick the number bond, e.g. five. Then they decide how many beats up to and including that number that they will tap out. So they may choose 3 and tap out 2 beats on the grounds. The other half of the class listen to the number of taps and then add extra taps, which in this instance would be 3. After the mental maths session, a little free play is a 'must' - extra saucepans ready for action!



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Introducing letters

A useful outdoor starting point is to ask children to make the first letter in their name from natural materials of their choosing. Some may need a letter to copy but others will know this from memory



Circle poems

At a nursery I was visiting, the tyres were out and about with the children very engrossed in moving them around. The big attraction was the puddle and rolling the tyres into the puddle. Naturally this caused water to gather and various experiments followed as the children tried to empty the tyres of water. The next idea was to draw on the tyre - it was made for pattern work, finally we drew around the tyre and filled in the gap with our circle poems



Milk bottle workout

A milk bottle workout is a great way to get kids pumping iron without buying a lot of expensive equipment. Milk this activity for all the fitness you can! You will need clean, used plastic bottles and pebbles.



Step by step

How many steps does it take to get from your classroom to the school gate? How many steps to walk to school? How many steps to explore the playground?



Frantic flying disk

Frantic flying disk is an easy fitness activity that will have your kids running around the yard for hours. Free your flying disk to sail to new heights! You'll need a frisbee and hula hoop.



Hike and hunt

Hike and hunt is an easy fitness activity that gets kids outside and keeps them occupied for hours. Teach kids to keep their eyes on the great outdoors! You will need magnifying glass, paper and pencil



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Photo safari

Each team of two or three kids gets a safari clues list and a digital camera. The team must use the clue list and photograph the location or item they believe is correct within a time limit.



Bounce eye

A game with two or more players needing marbles and chalk



Bubble contest

Organize a bubbleblowing contest! Mix up some bubble solution, assemble some tools for blowing, and you're ready to see who can blow the biggest bubble, who can create the biggest pile, whose lasts the longest.



Jug catch

Two or more children playing together can use the jugs to toss a tennis ball or beanbag back and forth without touching it with their hands.



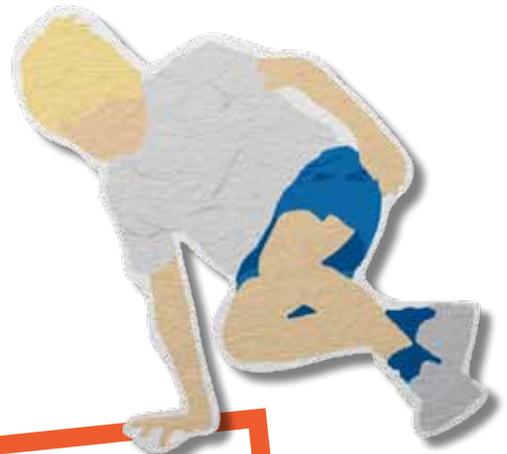
Kid friendly golf

Dig a hole for the can, mark a spot away from the can and let the putting begin, each player has a turn in a set time limit.



Hit the ball

One at a time, each child stands five feet from the broomstick and tries to knock the Ping-Pong ball off the broomstick by throwing the beanbags or sponges at it. If the ball falls within the circle, the player scores one point.



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Aerobic Dance

Aerobic dance is an enjoyable and energetic way to get fit. Start by walking in pace to the music, then add jogging, jumping, hopping, jumping jacks



Clothesline Art show

Pick a day and time for the show at least a week ahead, so everyone has time to make some art. The invitation should include the names of the hosts, the address, the date, the time, and what it's all about. You can use the same invitation for artists and parents



One Man Band

You will need things that make noise: bells, beans, milk bottle tops, pan lids, bicycle horns, harmonica, spoons, chains, glass bottles, whistle, homemade drums, tambourine. See how creative you can be in the search



Sound Quiz

Go around your house, school, and local area listening for interesting sounds



High Space, Low Space

Distinguish between high space up in the sky, low space (down on the ground), and medium space (in the middle). What living things move in these spaces? Ask your child how she would move in a high space (like a bird), in low space (crawling like a bug or snake), and middle space (animals with four legs). Experiment with dance movements exploring the space above and below



Egg Drop

Design a container which will protect the egg from breaking. It should be lightweight and sturdy. Most of all, it should withstand sudden impact with the ground

