

SPRING TERM HOME PE

EYFS

BALLOON VOLLEYBALL

Hand-eye co-ordination

Equipment: a round balloon

How to play:

- Get a parent/carer to blow up a balloon for you (circular ones are easiest for this game, and the more air in, the easier it is for the child as it travels through the air more slowly)
- Try playing inside first (once you have cleared a space and made sure there is nothing that can be knocked over or fell on!)
- Can you keep the balloon off the floor and up in the air?
- Can you use just your hands to control the balloon?
- Now try it outside- but not on a windy or wet day!!



Skill Tip: Keep your eyes on the balloon! Try and only gently push it into the air using your finger tips

Challenges:

- Use other body parts to keep the balloon off the floor- maybe your head or your feet?
- How many touches can you do before the balloon touches the floor?

STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space - Try and limit the space you are playing in.

Task – Can you use a time limit to add pressure on yourself? How many can you do in 10 seconds?

Equipment – Use a smaller balloon if it is too easy!

People – Once you have mastered playing on your own, try and keep a rally going with a family member

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FIND 3 THINGS THAT ARE.....

Fitness

Equipment: none

How to play:

- A parent/carer says “find three things that are..... red”
- The child quickly looks around the room to find three things that are red
- Go through colours, shapes, textured, made of plastic or start with letters of the alphabet
- Extend onto multiple rooms in your house or even the garden

Example of plastic items:



Example of red items:



Example of round/circular items:



Skill Tip: Children may need prompting for the items- to start with you may want to get some items visible to get the game going

Challenges:

- Ask the children to come up with the categories and put them into a hat/bowl and pull them out
STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space - Limit the game to one room to start with and then expand to more rooms

Task – Try combining 2 categories of the object, e.g. red and plastic

Equipment – Suggest once they have brought an item once, they cant bring it again

People – Play against a friend/family member so there is timed pressure

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DAILY WALK

Fitness

Equipment: wellies, warm clothes, a plastic bag or bucket to collect any 'treasure'

How to play:

- ✓ Remember walk 2 metres apart from anyone not in your household or bubble.
- ✓ Be careful when touching opening and closing gates- use your hand gel if you do and wash your hands thoroughly when you get home.
- ✓ Have fun on your walk!

1. When you go for a walk see if you can find 3 different types of leaves- can you use the pictures below to identify them?

Oak



Ash



Chestnut



Beech



Maple



2. Walk for 10 strides then jog for 10. Can you do this for the whole length of your favourite nursery rhyme?

3. Can you spot any yellow or white flowers?

4. Stop at a lamp post or footpath sign and do 5 start jumps. At the next lamp post hop on the spot for 10 seconds. At the next lamp post skip on the spot for 10 seconds.

5. Gather some twigs and leaves during your walk so that when you get home you can create a new play area for some of your toys or a new bug hotel outside

Challenges:

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Space - Try and explore a new outside space away from houses and roads

Task – Try and keep a conversation going or singing to keep your heart rate up

Equipment – What interesting objects can you collect during your walk?

People – Get a family member to join in with all the points above- especially points 2 and 4!

Video Further leaf info can be found here: <https://nt.global.ssl.fastly.net/documents/woodland-spotter-sheet-frugi.pdf>

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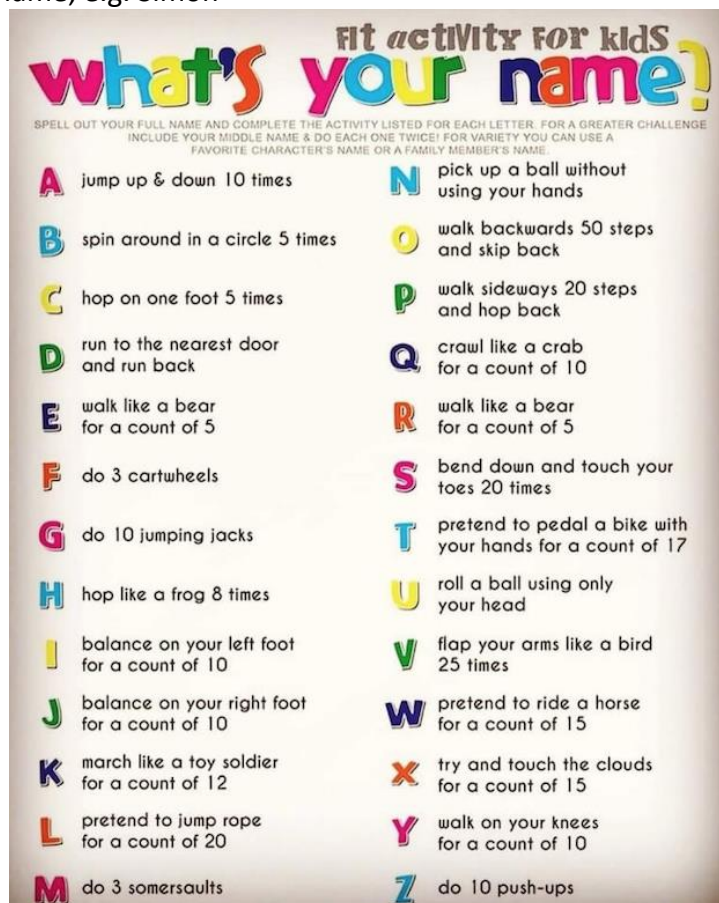
ALPHABET FITNESS

Fitness

Equipment: none

How to play:

- Make sure the room you are in is clear of any objects which might cause an injury or get broken
- Do your first name, e.g. Simon



Skill Tip: If you do not like the activity for one of the letters or you cannot do it, then look at the suggestion for the next letter of the alphabet

Challenges:

- Can you do your surname too?

STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space - Use the length of your lounge or bedroom for when you are moving around

Task – Can you remember the activities and do them again, but better this time?

Equipment – Can you carry your teddy with you throughout the challenge? Don't drop it!!

People – can you challenge a family member to do their name?

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EYFS

YOGA (From Twinkl)

Fitness

Equipment: none

How to play:

Make sure you have cleared the room of any objects which might cause an injury or get broken

Warrior II Pose

Virabhadrasana II

Benefits: Strengthens and stretches legs and core; stretches chest and shoulders; relieves bad aches.



1. Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
2. Inhale and lift your arms parallel to floor.
3. Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
4. Keep your torso tall, turn your head, and look out over your fingertips.
5. Inhale, straighten your legs and lower your arms. Repeat on opposite side.

Tree Pose

Vrikshasana

Benefits: Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.



1. Begin in mountain pose.
2. Lift your right foot, turning your knee out; place your foot below your left knee.
3. Press your hands together.
4. Raise arms overhead; look up to your hands if possible.
5. Return hands to your chest, and lower your right leg.
6. Repeat with left leg.

Skill Tip: Remember to keep breathing throughout- don't hold your breath!

Focus on something in front of you to help with your balance!

Challenges:

- Can you perform the move in front of a mirror or see your reflection in a glass door to check your arms and legs are nice and straight?
- Can you do it better on one foot than the other?

STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space - You will need to use the space and give yourself something to concentrate on

Task – Can you remember the activities and do them again, but better this time?

Equipment – Can you carry your teddy with you throughout the challenge? Don't drop it!!

People – can you challenge a family member to perform each move at the same time as you?

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PEPPA SAYS.....(From Twinkl)

Fitness

Equipment: none

How to play:

The traditional "Simon says" game but using the loveable Peppa Pig characters!

Peppa says...



Touch your toes.

Peppa says...



Wiggle around.

Peppa says...



Do a silly dance.

Peppa says...



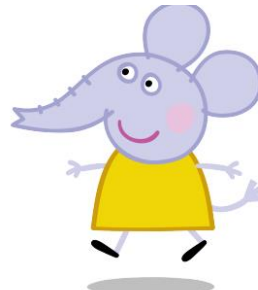
Stand on your tiptoes.

Peppa says...



Skip in a circle.

Peppa says...



Run side to side.

Challenges:

- What other moves can you come up with other than the 6 above? Think about the characters in Peppa Pig and who would you link that new move to?

STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space - Use the length of your lounge or bedroom for when you are moving around being in character

Task – Can you remember the move and do them again, but better this time?

Equipment – Can you allocate each move to a number on a dice and play it that way?

People – can you challenge a family member to join in or to suggest some new moves?

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Target Collect

Hand-eye co-ordination

Equipment: Between 5-10 objects (cans of food or plastic cups), 1 pair of balled socks or ball

How to play:

- ✓ Set up targets by scattering the objects you have randomly.
- ✓ Move away from the objects by taking three big steps backwards.
- ✓ Roll the socks or ball along the floor and try to hit the targets.
- ✓ When you hit a target, go and collect it and bring it back to where you are standing.
- ✓ You can only collect one object at a time.
- ✓ The game finishes when you have hit and collected all the objects.



Skill Tip: Keep your eyes on the target! Try to point your hand towards the target as you roll your socks or ball.

Challenges:

- Can you hit the targets by now throwing or kicking your balled socks or ball?

STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space - Try moving further away from the targets to make it harder.

Task – Can you use a time limit to add pressure on yourself? How many can you hit in 1 minute?

Equipment – Use smaller targets if it's too easy!

People – Play the game against a member of your family.

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Farm Yard Fun

Agility

Equipment: none

How to play:

- ✓ A adult says an animal command.
- ✓ The child quickly thinks about how that animal moves and mimics the animals movements.
- ✓ Add animal noises and actions – be as creative as possible.

Example;

Horse – galloping



Chicken – flapping their wings



Donkey – on hands kicking legs behind

Pig – rolling in mud



Cow – walking on all fours

Tractor – moving arms in a big circle like wheels

Skill Tip: Children may need prompting with ideas or video clips

Challenges:

- Expand to other things you would find on the farm – move like corn in the field, be still like a scarecrow, move hands like a combine-harvester, etc.....

STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space - Use a larger or smaller space to move around.

Task – Add in direction change e.g. move backwards like a chicken, sideways like a horse galloping, etc...

Equipment – Place objects randomly on the floor for children to move around.

People – Play against a family member; who is the quickest to get into the next movement.

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Tight Rope

Balance

Equipment: A length of toilet roll (approximately 2-3metres)

How to play:

- ✓ Roll out a 2-3 metre length of toilet roll.
- ✓ Imagine you are in the circus high above the audience.
- ✓ Walk along the 'tight rope' toilet roll, keeping your balance.
- ✓ Can you walk forwards, backwards and sideways?



Skill Tip: Keep your arms out stretched at the side of the body, make your body tall and fix your eyes on a spot in front of you.

Challenges:

- Can children explore other ways to travel on the 'tight rope'? Crawling, jumping, dance steps, etc...

STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space - Can you try a thinner line to walk along?

Task – Can you close your eyes and still balance on the line?

Equipment – Can you balance a balled pair of socks on your head whilst moving differently?

People – Can you teach your family your movements?

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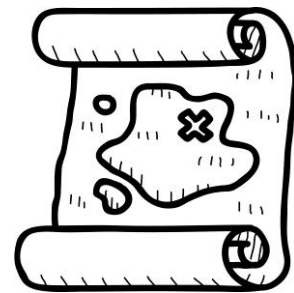
Pirates Treasure

Observation & Orienteering skills

Equipment: An object to hide (treasure) , paper & pencil, timer

How to play:

- ✓ Ask a family member to hide your treasure in a chosen room.
- ✓ Without any clues from your adult, search high and low for your treasure.



Skill Tip: Search the outside edges of the room first, before looking inside the area. Think of it like a jigsaw – make the edges first, then fill the middle.

Challenges:

- Ask your adult to draw the basic shape of the room, creating a map. When they hide the treasure this time mark with an X where the treasure is hidden on the map. Now use your map to find the treasure.
- Can you take a turn hiding the treasure and marking where it is on the map?

STEP principle of coaching/teaching- helps to engage, challenge, and motivate everyone by altering one or more of the principles

Space - Expand your search area to include other rooms.

Task – Take a turn hiding the treasure for your adult.

Equipment – Can you carry your teddy on your shoulder, like a pirate's parrot, with you throughout the challenge? Careful not to drop it!!

People – Can you time your family members to see who can find the treasure the quickest?