

Games/Activities

(5 Minutes)

Around the World

- How many times can you pass an object around your waist in 60 seconds?
- If you drop the object you need to start again.
- Repeat activity to try and beat previous score.
- Can you use a different size/shape object?
- Can you move the object around a different part of your body?

Socks in the Box

- How many socks can you pair up and put in the box in 60 seconds?
- Place unpaired socks 5 steps away from a box.
- Children run, match up a pair of socks and place them in the box.
- Keep count of score and repeat to see if you can beat previous score.
- Challenge yourself to pair different colour socks or even different types of socks before placing them in the box.

Times Tables Squats

- With a partner or in a small group decide on a focus times table.
- Take it in turns to squat and shout out the correct multiples in order e.g. 5, 10, 15, 20, etc.
- Challenge yourself to go as high as you can go with your times tables while squatting as low as you can go.
- Maybe one player could squat and call the sum and the other player squats and calls out the answers.

Toilet Roll Balance

- Can you balance a toilet roll on your head while standing still?
- Challenge yourself to balance in on your head while moving?
- How many different types of movement can you do with the toilet roll on your head?
- How many different static balances can you perform with toilet roll?
- How many toilet rolls can you balance on different parts of your body?

Climb the Mountain

- How many mountain climbs can you complete in 60 seconds.
- Repeat activity to try and beat previous score.
- Challenge yourself to do it with just one foot or both feet at the same time.
- Can you complete it while holding a piece of equipment between your feet?

(10 Minutes)

Standing Long Jump

- Place a starting marker on the floor.
- Stand beside the starting marker on two feet, how far can you jump landing balanced on 2 feet?
- Challenge a partner to see who can jump the furthest.
- If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012.
- How many jumps does it take to jump that distance?

River Bank

- Find a line on the ground, or stretch out a rope on the ground.
- Designate one side of the rope or line to be the bank. The other side is the river.
- When someone shouts "river," you must jump with both feet together to the river side, and vice versa for "bank."
- Be careful the person calling the instructions doesn't try to trick you.

Kangaroo Jumping

- Talk about how kangaroos move.
- Demonstrate how to jump like a kangaroo. Hands are held in front of chest with elbows bent.
- Practice hopping, make sure you take off with both feet and land with both feet, bending knees slightly when they land.
- Play follow the leader, Hopping like a kangaroo.
- Try and hop around obstacles.

Standing Long Jump 2

- Place a starting marker on the floor.
- Set up 2 distance levels. Level 1, one step away from the starting marker. Level 2, two steps away from the starting marker. Level 3, three steps away from the starting marker.
- Stand beside the starting marker on two feet. Which marker can you jump to safely landing balanced on 2 feet?
- How can we use our bodies to reach the marker furthest away?

Morning Breathing

- From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.
- As you inhale slowly and deeply, return to a standing position by rolling up slowly, lifting your head last.
- Hold your breath for just a few seconds in this standing position.
- Exhale slowly as you return to the original position, bending forward from the waist.
- Notice how you feel at the end of the exercise.
- Repeat this exercise 3-5 times.