

MONDAY 18TH JANUARY – KEY STAGE 1



Primary
influence
UK

DISNEY DANCERS

WHATS REQUIRED:

MUSIC

HOW TO PLAY:

CHOOSE YOUR FAVOURITE DISNEY CHARACTER AND MAKE UP A DANCE ROUTINE THAT PORTRAYS THAT CHARACTER THROUGH MOVEMENT.

PERFORM YOUR DANCE ROUTINE FOR AN ADULT OR SIBLING AND HAVE THEM TRY TO GUESS WHO YOU ARE!

INCLUDE FACIAL EXPRESSIONS AND EXAGGERATED MOVEMENTS, CREATE A STORY FOR YOUR CHARACTER AND DON'T FORGET TO USE EMOTIONS!



TUESDAY 19TH JANUARY – KEY STAGE 1



Primary
influence
UK

TUTTI FRUITY

WHATS REQUIRED:

5 – 6 FRUITS DRAWN ON SEPARATE PIECES OF PAPER (TRY TO CHOOSE FRUITS IN A RANGE OF DIFFERENT COLOURS)

HOW TO PLAY:



SET OFF ON AN ADVENTURE AROUND YOUR HOME COLLECTING HOUSEHOLD ITEMS THAT MATCH THE COLOUR OF YOUR FRUITS!

CHOOSE ONE FRUIT AT A TIME – FOR EXAMPLE A BANANA AND THEN SET OFF TO FETCH SOMETHING YELLOW. USE DIFFERENT TYPES OF MOVEMENT EACH TIME - YOU COULD RUN, HOP, SIDE STEP, JUMP, SKIP, STAR JUMP – RETURN YOUR ITEM TO THE MATCHING FRUIT AND THEN MOVE ON TO THE NEXT ONE. REMEMBER TO CHANGE MOVEMENT EACH TIME!

WEDNESDAY 20TH JANUARY – KEY STAGE 1



Primary
influence
UK

MUSICAL BALANCE

WHAT'S REQUIRED:

MUSIC
AN ADULT OR OLDER SIBLING TO PRESS
STOP AND PLAY

HOW TO PLAY:



DANCE TO YOUR FAVOURITE SONGS
WHILE THE MUSIC PLAYS – WHEN IT
STOPS HOLD A BALANCE.
YOU COULD TRY BALANCING ON ONE
LEG, ON YOUR BOTTOM, YOUR TUMMY,
YOUR SIDE, BACK, SHOULDERS.
IS IT A STRETCHED BALANCE OR A
CURLLED ONE? HOW MANY DIFFERENT
PARTS OF YOUR BODY CAN YOU USE?
WHAT SHAPES ARE YOU MAKING WITH
YOUR BODY?

PROGRESS:

CHALLENGE YOURSELF TO BALANCE ON
SMALLER BODY PARTS – TRY ONE HAND
AND ONE FOOT!

THURSDAY 21ST JANUARY – KEY STAGE 1



Primary
influence
UK

POPPING PIRATES

WHAT'S REQUIRED:

TWO + PLAYERS
A SELECTION OF HOUSEHOLD ITEMS.

HOW TO PLAY:

BALANCE LIKE A PIRATE ON ONE LEG
WHILE THE OTHER PLAYER BALANCES
DIFFERENT ITEMS ON YOU.



YOU COULD TRY BALANCING A SCARF
ON YOUR ARM, A SOFT TOY ON YOUR
SHOULDER, SOCKS ON YOUR HANDS!

THE WINNER IS THE PERSON WHO HAS
THE MOST ITEMS BALANCED ON THEM
BEFORE THEY LOSE BALANCE AND PUT
THEIR FOOT DOWN.

PROGRESS:

TRY BALANCING ON YOUR OTHER LEG
OR WITH ONE HAND IN THE AIR!

FRIDAY 22ND JANUARY – KEY STAGE 1



Primary
influence
UK

YOGI BEAR'S BERRY HUNT

WHATS REQUIRED:

AN ADULT
BALLS/ROLLED UP SOCKS TO BE YOUR
BERRIES

HOW TO PLAY:



ASK AN ADULT TO PRETEND TO BE YOGI BEAR FAST ASLEEP WITH HIS PRECIOUS BERRIES NEXT TO HIM! CREEP TOWARDS YOGI BEAR WHILE HE SLEEPS TO STEAL HIS BERRIES BUT BE CAREFUL NOT TO WAKE HIM! BRING YOUR BERRY BACK TO STARTING POSITION AND THEN TIP TOE TOWARDS HIM AGAIN TO GRAB ANOTHER! IF HE WAKES YOU MUST FREEZE SO HE CANT SEE YOU – IF YOU MOVE AND HE SEES YOU, GO BACK TO THE START! CARRY ON ONCE YOGI IS SAFELY SLEEPING AGAIN AND ONE AT A TIME ATTEMPT TO STEAL ALL THE REST OF HIS BERRIES.