MONDAY 18TH JANUARY – KEY STAGE 1



DISNEY DANCERS

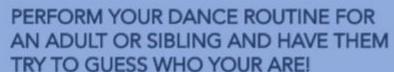
WHATS REQUIRED: MUSIC

HOW TO PLAY: CHOOSE YOUR FAVOURITE DISNEY

CHARACTER AND MAKE UP A DANCE

ROUTINE THAT PORTRAYS THAT

CHARACTER THROUGH MOVEMENT.



EXAGERRATED MOVEMENTS, CREATE A
STORY FOR YOUR CHARACTER AND
DON'T FORGET TO USE EMOTIONS!



TUESDAY 19TH JANUARY – KEY STAGE 1



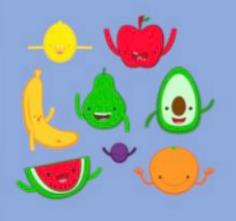
TUTTI FRUITY

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



MUSICAL BALANCE

WHATS 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 CURLED 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



POPPING PIRATES

WHATS 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.



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



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.