## **MONDAY 18<sup>TH</sup> JANUARY – KEY STAGE 1**



#### **DISNEY DANCERS**

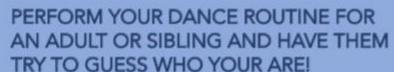
WHATS REQUIRED: MUSIC

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 20<sup>TH</sup> 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 21<sup>ST</sup> JANUARY – KEY STAGE 1**



### POPPING PIRATES

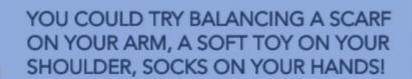
WHATS REQUIRED: TWO + PLAYERS

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 22<sup>ND</sup> 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.