

MONDAY 1st FEBRUARY – EARLY YEARS



Primary
influence
UK

DRESS UP OBSTACLE

WHATS REQUIRED:

8-10 DIFFERENT ITEMS OF CLOTHING (T-SHIRTS, SCARF, GLOVES, HAT, SOCKS, SHORTS, DRESSING GOWN, SUNGLASSES)
AN ADULT TO CALL OUT INSTRUCTIONS

HOW TO PLAY:

PLACE YOUR ITEMS OF CLOTHING IN A CIRCUIT AROUND THE ROOM.
RUN TO THE FIRST PIECE OF CLOTHING – PUT IT ON AND CHOOSE A DIFFERENT WAY OF TRAVELLING TO THE NEXT ITEM (HOP, JUMP, SKIP, SIDE STEP ETC – ASK AN ADULT TO PROMPT YOU IF YOU NEED SOME HELP).
THE OBSTACLE COURSE IS COMPLETED ONCE YOU HAVE COLLECTED AND ARE WEARING EVERY PIECE OF CLOTHING!



PROGRESS:

TIME YOURSELF AND TRY AND BEAT YOUR TIME!

TUESDAY 2nd FEBRUARY- EARLY YEARS



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RAINBOW TARGET SHOOTING

WHATS REQUIRED:

5 x BALLS OR ROLLED UP SOCKS
A BASKET / BUCKET / NET / TARGET

HOW TO PLAY:



PLACE YOUR BALLS IN AN ARC SHAPE WHICH REPRESENTS YOUR RAINBOW (USE DIFFERENT COLOUR BALLS / SOCKS IF YOU HAVE THEM). THEN ONE AT A TIME ATTEMPT TO SHOOT AT THE TARGET FROM THE DIFFERENT ANGLES.

TRY ROLLING, THROWING AND KICKING.

MOVE YOUR TARGET FURTHER AWAY.



WEDNESDAY 3rd FEBRUARY – EARLY YEARS



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FOLLOW THE LEADER

WHATS REQUIRED: TWO + PLAYERS
10 OBJECTS TO CREATE GATES

HOW TO PLAY: PLACE YOUR OBJECTS IN PAIRS ON THE FLOOR TO CREATE A SERIES OF 5 DIFFERENT GATES. THEN PICK A LEADER AND FOLLOW THAT PERSON ON A JOURNEY THROUGH THE GATES. EACH TIME YOU PASS THROUGH A GATE THE LEADER HAS TO CHOOSE A DIFFERENT WAY TO TRAVEL - THEY COULD HOP, SKIP, JUMP, ROLL OR YOU COULD SWITCH PLACES AND CHOOSE A NEW LEADER!



PROGRESS: SEE IF YOU CAN DO IT BACKWARDS!

THURSDAY 4th FEBRUARY- EARLY YEARS



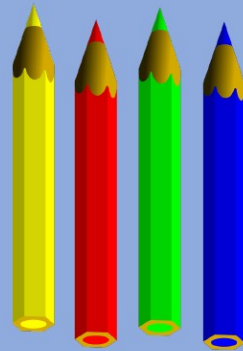
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COLOURFUL CAPERS

WHATS REQUIRED:

AN ADULT TO CALL INSTRUCTIONS
4 x PIECES OF PAPER COLOURED BLUE,
GREEN, RED AND YELLOW.

HOW TO PLAY:



SIGNPOST EACH WALL WITH THE PIECES
OF PAPER SO YOU HAVE A BLUE WALL,
GREEN WALL, RED WALL AND A YELLOW
WALL. STAND IN THE MIDDLE OF THE
ROOM AND PERFORM DIFFERENT
MOVEMENTS ON THE SPOT, FOR
EXAMPLE: JOGGING, JUMPING, HOPPING
ETC BUT LISTEN OUT FOR DIRECTIONS
AND WHEN YOU HEAR BLUE, GREEN, RED
OR YELLOW RUN AND TOUCH THE
CORRECT WALL!

PROGRESS:

ASK AN ADULT TO CALL OUT COLOURED
OBJECTS FOR EXAMPLE IF THEY SAY
'BANANA' YOU MUST RUN TO THE
YELLOW WALL!

FRIDAY 5th FEBRUARY – EARLY YEARS



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BOB THE BUILDERS TOWER CHALLENGE

WHAT'S REQUIRED:

LEGO OR BUILDING BLOCKS
A FEW CUSHIONS OR TOYS TO CREATE
A SMALL OBSTACLE COURSE

HOW TO PLAY:



PUT YOUR LEGO / BUILDING BLOCKS AT
THE ONE SIDE OF THE ROOM AND IN
THE MIDDLE OF THE ROOM PLACE A
FEW CUSHIONS TO JUMP OVER
AND/OR TOYS TO TRAVEL AROUND.
RUN OUT THROUGH YOUR OBSTACLE
COURSE AND COLLECT A BLOCK THEN
RETURN IT TO THE START. CARRY ON
COLLECTING LEGO / BLOCKS UNTIL
YOU HAVE A BUILT A TOWER!

PROGRESS:

ASK AN ADULT TO TIME YOU – HOW
TALL CAN YOU BUILD A TOWER IN 60
SECONDS? PLAY AGAINST SOMEONE –
WHO CAN BUILD THE TALLEST TOWER?