

MONDAY 25TH JANUARY – KEY STAGE 1



Primary
influence
UK

GOALS GALORE

WHATS REQUIRED:

TWO ITEMS TO MAKE GOAL POSTS
A BALL OR ROLLED UP PAIR OF SOCKS

HOW TO PLAY:



SET UP YOUR GOAL AND THEN TAKE SHOTS SEEING HOW MANY GOALS YOU CAN SCORE WHILE FOLLOWING THESE INSTRUCTIONS:
10 SHOTS x RIGHT FOOT
10 SHOTS x LEFT FOOT
10 SHOTS x ROLL WITH HAND
10 SHOTS x HITTING WITH HAND

PROGRESS:

MAKE THE GOAL SMALLER
SHOOT FROM FURTHER AWAY
SHOOT FROM A DIFFERENT ANGLE
ADD A GOALKEEPER

TUESDAY 26TH JANUARY – KEY STAGE 1



Primary
influence
UK

TEDDY BEAR GAUNTLET

WHATS REQUIRED: 10 SOFT TOYS
ROLLED UP SOCKS
TWO PLAYERS

HOW TO PLAY:



PLACE YOUR 10 SOFT TOYS ON ONE SIDE OF THE ROOM, THEN START AT THE OPPOSITE SIDE. YOUR MISSION IS TO RUN THE GAUNTLET IN ORDER TO RESCUE YOUR SOFT TOYS ONE AT A TIME! DODGE THE SOCKS BEING THROWN AT YOU BY THE OTHER PLAYER (THEY MUST ONLY HIT YOU BENEATH THE KNEE). YOU HAVE 3 LIVES AND EVERY TIME YOU ARE HIT YOU LOSE A LIFE!

CAN YOU COLLECT ALL 10 TOYS BEFORE YOU ARE OUT?

WEDNESDAY 27TH JANUARY – KEY STAGE 1



Primary
influence
UK

BALLERZ

WHATS REQUIRED:

A BALL OR A PAIR OF ROLLED UP SOCKS.

HOW TO PLAY:

PRACTISE YOUR BALL SKILLS AND IMPROVE HAND EYE COORDINATION BY SEEING HOW MANY OF THE FOLLOWING CHALLENGES YOU CAN COMPLETE IN 60 SECONDS:



HIT THE BALL IN THE AIR WITH YOUR HAND.
PASS THE BALL THROUGH YOUR LEGS IN A FIGURE OF 8.
THROW – CLAP – CATCH.
PASS THE BALL AROUND YOUR WAIST.

THURSDAY 28TH JANUARY – KEY STAGE 1



Primary
influence
UK

TRUE OR FALSE GYMNASTICS

WHATS REQUIRED:

TWO + PLAYERS
YOGA MAT / BEACH TOWEL
TWO PIECES OF PAPER – ONE WITH
'TRUE' WRITTEN ON AND THE OTHER
'FALSE'

HOW TO PLAY:



PLACE YOUR 'TRUE' AND 'FALSE' AT
OPPOSITE ENDS OF THE SPACE YOU
ARE IN. PLACE YOUR MAT/TOWEL IN
THE MIDDLE THEN HAVE AN ADULT ASK
YOU A SERIES OF QUESTIONS. ANSWER
THE QUESTIONS BY TRAVELLING TO
EITHER TRUE OR FALSE USING A
MOVEMENT RELATED TO GYMNASTICS,
FOR EXAMPLE A FORWARDS ROLL,
BACKWARDS ROLL, PENCIL ROLL, CART
WHEEL, HOPPING, SKIPPING,
SPRINGING. THEN HOLD A BALANCE
WHEN YOU GET THERE.

FRIDAY 29TH JANUARY – KEY STAGE 1



Primary
influence
UK

COCONUT SHY CHALLENGE

WHATS REQUIRED:

TWO PLAYERS
1 x SMALL SOFT TOY
1 x TIN/CAN
1 x BALL (OR A ROLLED UP PAIR OF SOCKS)

HOW TO PLAY:



BALANCE YOUR SOFT TOY ON TOP OF THE CAN AND PLACE IT IN THE MIDDLE OF THE ROOM. YOU AND YOUR PARTNER SIT AT OPPOSITE ENDS OF THE ROOM AND TAKE TURNS TO ROLL/THROW THE BALL TO TRY AND KNOCK THE SOFT TOY OVER. TRY THESE CHALLENGES:
TOGETHER ATTEMPT TO KNOCK THE TOY OFF 10 TIMES.
COMPETE TO SEE WHO CAN KNOCK IT OFF THE MOST TIMES IN 60 SECONDS.

PROGRESS:

MOVE FURTHER AWAY, USE YOUR FEET,
STAND ON ONE LEG!