

MONDAY 1st FEBRUARY – KEY STAGE 1



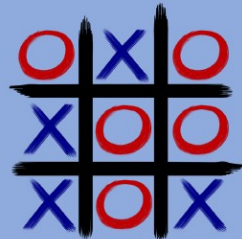
Primary
influence
UK

3 IN A ROW

WHATS REQUIRED:

TWO PLAYERS
5 x RED ITEMS
5 x BLUE ITEMS
DRESSING GOWN TIE / SKIPPING ROPE /
ROLLED UP TOWELS TO CREATE A GRID

HOW TO PLAY:



CREATE A GRID WITH 9 SQUARES
PLAYER 1 IS RED AND PLAYER 2 BLUE –
TAKE IT IN TURNS TO PLACE YOUR
ITEM IN THE GRID TO TRY AND GET 3 IN
A ROW. THE FIRST PLAYER TO GET 3 OF
THEIR COLOURED ITEMS IN A ROW
WINS! THE FIRST PLAYER TO THREE
VICTORIES IS THE WINNER!

PROGRESS:

PLACE CUSHIONS TO JUMP OVER
BEFORE YOU REACH THE GRID.
HOP ON THE SPOT UNTIL ITS YOUR
TURN!

TUESDAY 2nd FEBRUARY – KEY STAGE 1



Primary
influence
UK

CHARADES

WHATS REQUIRED:

PAPER AND PENS
AN ADULT OR SIBLING TO PLAY WITH

HOW TO PLAY:



CREATE A SERIES OF CHARADES CARDS BY WRITING DOWN DIFFERENT SPORTS OR ACTIVE VERBS ON PIECES OF PAPER, FOR EXAMPLE: SWIM, DANCE, SERVE, SQUAT, JUMP, SKIP, JOG, ROWING, BASKETBALL, GOLF ETC. SELECT A CARD BUT DON'T SHOW YOUR OPPONENT – USE MIME TO ACT IT OUT AND SEE IF THEY CAN GUESS WHATS ON THE CARD!

PROGRESS:

HOW MANY CHARADES CAN YOU PERFORM IN 60 SECONDS?
TRY AND BEAT YOUR BEST SCORE.

WEDNESDAY 3rd FEBRUARY – KEY STAGE 1



Primary
influence
UK

LUNCHBOX LOTTERY

WHATS REQUIRED:

10 x DIFFERENT FOODS
A MARKER FOR YOUR START POSITION

HOW TO PLAY:

ASK AN ADULT TO TAKE 5 x HEALTHY FOODS AND 5 x LESS HEALTHY FOODS FROM THE KITCHEN AND SPACE THEM OUT RANDOMLY ON THE FLOOR. RUN OUT AND GRAB AN ITEM OF FOOD THEN BRING IT BACK AND PLACE IT IN EITHER A HEALTHY OR A 'NOT SO HEALTHY' PILE. EACH TIME YOU PLACE AN ITEM OF FOOD YOU MUST PERFORM A DIFFERENT MOVEMENT, FOR EXAMPLE 10 STAR JUMPS, 10 HEEL FLICKS, 10 HIGH KNEES. CARRY ON UNTIL YOU HAVE COLLECTED ALL THE FOOD AND HAVE TWO SEPARATE PILES. ASK AN ADULT TO CHECK IF YOU HAVE CATEGORISED THEM CORRECTLY.



THURSDAY 4th FEBRUARY – KEY STAGE 1



Primary
influence
UK

KNOCK OUT!

WHATS REQUIRED:

6 TARGETS (CONES OR HOUSEHOLD OBJECTS SUCH AS CANS OR WATER BOTTLES)
2 BALLS (OR ROLLED UP SOCKS)
2 PLAYERS

HOW TO PLAY:



PLACE THE TARGETS IN TWO LINES OF 3
4-5M METRES APART. EACH PLAYER
STANDS BEHIND THEIR 3 TARGETS AND
ATTEMPTS TO ROLL THEIR BALL AND HIT
THEIR OPPONENTS TARGET. IF YOU
MANAGE TO HIT ONE YOU CAN RUN OUT
AND COLLECT IT AND PLACE IT NEXT TO
YOURS – THE WINNER IS THE PLAYER WHO
MANAGES TO COLLECT ALL THE TARGETS.

TRY DIFFERENT TECHNIQUES – YOU
COULD USE AN UNDER ARM OR OVER
ARM THROW.

FRIDAY 5th FEBRUARY- KEY STAGE 1



Primary
influence
UK

PIRATES OF THE CARIBBEAN

WHATS REQUIRED:

TWO PIECES OF PAPER (YOUR STEPPING STONES)
5 x TOYS (YOUR TREASURE)
1 x MARKER (YOUR DESERT ISLAND)

HOW TO PLAY:



PLACE YOUR DESERT ISLAND AT ONE END OF THE ROOM AND YOUR TREASURE AT THE OTHER. USING YOUR PIECES OF PAPER AS STEPPING STONES, TRAVEL ACROSS THE SEA TO COLLECT YOUR TREASURE. YOU MUST ONLY STAND ON THE STEPPING STONES SO YOU'LL HAVE TO MOVE YOUR PIECES OF PAPER TO COLLECT ALL THE PIECES OF TREASURE ONE AT A TIME.

PROGRESS:

ASK SOMEONE TO PLAY WITH YOU. ADD IN ONE MORE PIECE OF PAPER – YOU'LL HAVE TO WORK AS A TEAM TO CROSS THE SEA!