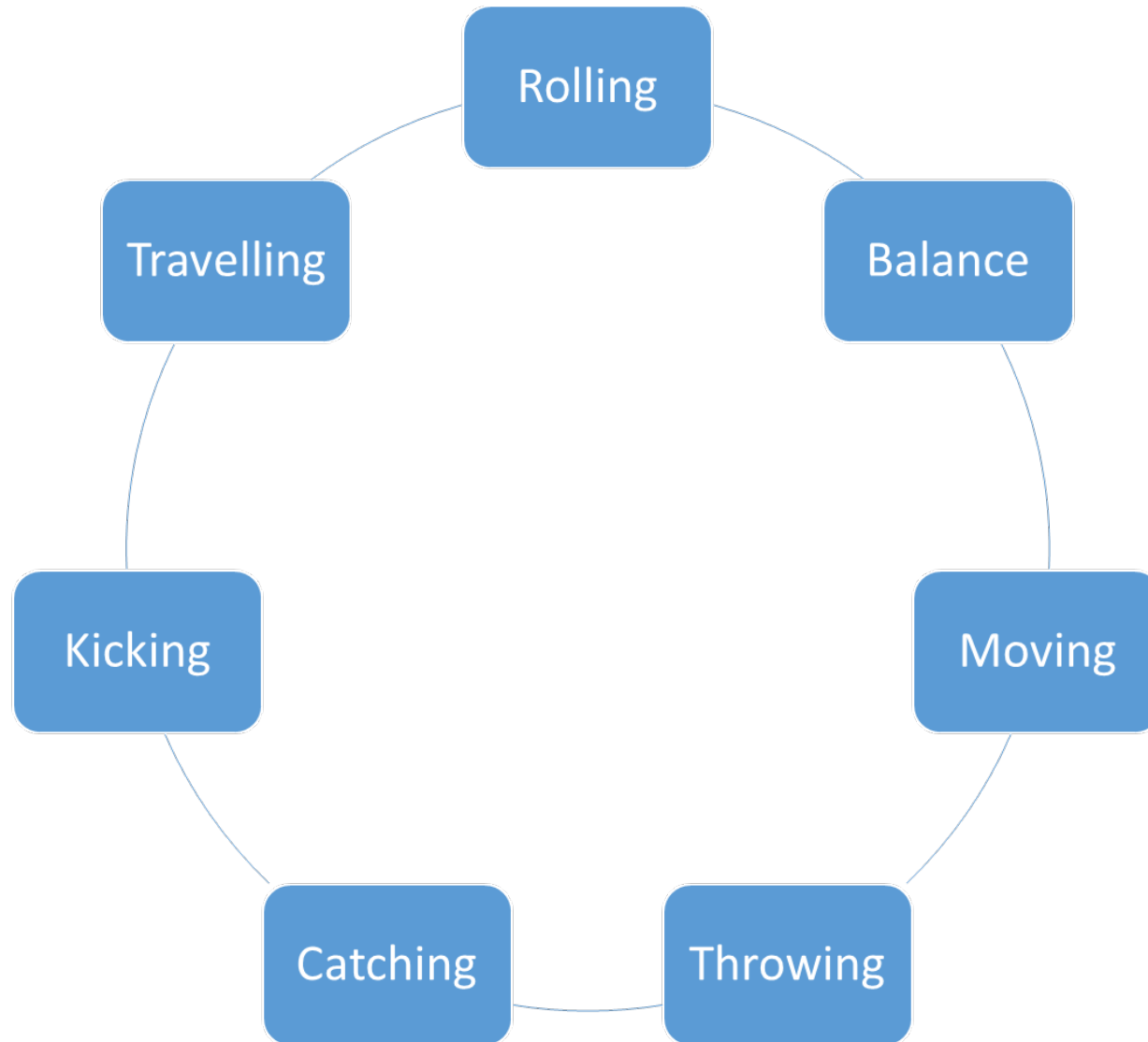


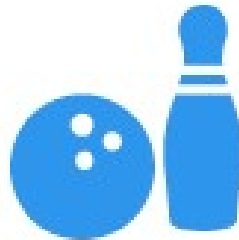
Active Schools— Staying Active At Home





Rolling Skills

- Roll a ball with 2 hands
- Roll a ball with right hand
- Roll a ball with left hand
- Roll a ball a specific distance
- Roll a ball up in a specific direction
- Roll a ball fast & slow
- Roll a ball up and down a slope



Variations

Easier

- Use a bigger ball
- Make the distance smaller
- Make the target bigger

Harder

- Use a smaller ball
- Make the distance bigger
- Make the target smaller



Games & Activities

Rolling Activities

Try all the rolling skills sitting down

Try all the rolling skills standing up

In a sitting position, roll a ball from hand-to-hand and then around the body in both clockwise and anti clockwise directions. Progress these activities to kneeling, crouching and standing.

Target Roller

Teams of 3: roller, fielder and collector.

Mark a line and set up 2 cones as gates.

Place skittles or plastic cups as targets beyond the gate.

Fielder sends ball back to the collector keeping away from the roller. Each person has 10 turns to see how many targets they can hit.

Roll Goal

Teams of three: roller, goalkeeper, and collector.

Mark a throw line and set up a goal.

Each player takes turns and has 5 rolls at goal.

Collector keeps the balls until the turn is over.

Roll Tag

One person is the tagger and they have a soft ball. The tagger rolls the ball on the ground and tries to hit the other players on the legs. Play for 30seconds and count how many times they tag someone. Swap over. This can be played with different sized balls.

Skittles

Set up skittles. Roll a ball and see how many skittles can be knocked down. Try different sizes of balls. Try making the rolling distance longer/shorter.

Skittle Dodger

Set up skittles in a line/course. Children have to roll a ball (try various sizes etc) in and out of the skittles without touching them.



Balance Skills

Stand up Straight
Stand on one leg (Try both right & left)

Variations

Easier

Hold on to something with one hand
Hold on to something with two hands

Harder

Close one eye
Close both eyes



Games & Activities

Bean Bag Activities

Pass the beanbag around the tummy hand-to-hand.
Balance beanbag on head and walk around the room
Pass beanbag to parent overhead and through legs.

Egg & Spoon

Show child how to balance the egg on the spoon. Encourage them to walk around the room balancing the egg. Can they keep the egg on the spoon whilst they run/hop/jump etc?
Try an egg and spoon race!

Body Awareness

- Ask your child to turn 360° with their eyes open. They then close their eyes and see how long it takes for them to recover.
Turn 360° 3 times with their eyes open. Ask them to close their eyes and see how long it takes to recover.
- Ask your child to stand up straight. Ask them to lean forwards and backwards seeing how far they can lean without moving their feet or losing their balance.
Try the above leaning sideways.
- Ask children to rotate round their centre point in a clockwise direction. (Lean the body in a circle as above without moving the feet). Repeat the task with their eyes closed. Finally stand up straight.

Mirror Mirror

Work with your child as a pair. Encourage your child to copy your movements. Start with the head and work down the body trying different movements. Try various balancing positions e.g. stand on one leg. To make this easier try holding your ear or holding out your arm.

Hopscotch

Child stands at the start of the hopscotch area and throws a bean bag anywhere in the play area. They then hopscotch to the end, turn round and hopscotch back to the beanbag. They pick it up and hopscotch back to the start to begin again. If the beanbag lands on a 'hop' children must stand on one leg to pick up the beanbag.



Movement Skills

Jumping on the spot
Hopping on the spot (left & right legs)
Jumping in different directions (forwards, backwards, sideways etc)
Hopping in different directions (forwards, backwards, sideways etc)
Running fast/slow – change direction.

Variations

Easier

Hold on to something
Take a rest
Switch legs

Harder

Close one eye
Go higher
Go faster/slower
Stop and go



Games & Activities

Ribbons

Use the ribbon to write your name in the air in front of
Create 'Tornados' with the ribbon – how fast can they go?
Draw figure of 8 in front, horizontal and vertical.
Whirl the ribbon above your head (helicopters). Try this stationary and moving around the room.

Beans

Shout out different types of beans, the children have to do the actions for each bean type:

- Runner beans – run around
- Jumping beans – jump up and down
- Frozen beans – stand still
- Beans on toast – lie down

Microwave beans – children turn slowly in a circle with arms stretched out to the sides and then shout 'Ping' whilst doing a star jump

Traffic Lights

Green – run around
Amber – jog on the spot
Red - stop

Pirates

You are the Captain Pirate and your child is a sailor on board, give commands to your sailors!

- Port – run to the right
- Starboard – run to the left
- Bow – run to the front
- Stern - run to the back
- Scrub the deck – scrub the deck
- Captains Coming – stand tall and salute
- Walk the Plank – take 3 large lunges and then star jump



Throwing Skills

Throwing a ball with 2 hands
Throwing a ball overhand
Throwing a ball up in the air
Throwing a ball to hit a target

Throwing a ball underhand
Throwing a ball into a space
Throwing a ball a set distance

Variations

Easier

Use a bigger ball
Use a lighter ball
Make the target space bigger
Throw a short height
Throw over a shorter distance
Make the target bigger &/or closer

Harder

Use a smaller ball
Use a heavier ball
Make the target space smaller
Throw the ball as high as you can
Throw over a greater distance
Make the target smaller &/or further



Games & Activities

Snowballs

In teams, throw beanbags/balls or scrunpled paper into a bucket. Which team can get to 5 first?

Empty sides

Have 2 teams (1 per team is fine!) Split the playing area into 2 sides. Each team has to throw balls, beanbags etc into their opponents half and try to have no balls left in theirs. Play for 1 minute and see who has the least balls.

Take Cover

In teams of 4, 1 person has the ball and the other 3 line up facing them. The player with the ball throws it to the person opposite them who then returns the ball and crouches down. The person with the ball then throws the ball to the person next in line. They return it and crouch down. The ball is then passed to the last person at the back of the line, they return it and run to the start of line. The game begins again.

Hit the Target

Make a goal with 2 beanbags. Child stands facing the goal, 5 steps away from it, and throws the ball, aiming it through the goal. If they get it through the goal they move backwards one step. The objective is how far away you can be and still hit the target. This can be played with more than one person as a game. You score one point when you get the target through the goal, the first person to get 5 points wins, remembering to take a step back after each point gained.

Keepy-ups

In pairs, 1 person has the balloon ball and throws it to their partner who is standing opposite them. They then try to keep it up in the air using any body parts apart from their hands.



Catching Skills

Catching a ball using the body and arms
Catching a ball with 2 hands
Catching a ball with right hand
Catching a ball left hand
Catching a ball dropped from a height
Catching a ball thrown from a distance



Variations

Easier

Use a bigger ball
Catch from a greater height
Catch from a shorter distance
Use a beanbag

Harder

Use a smaller ball
Catch from a shorter height
Catch from a greater distance



Games & Activities

Fairy Catcher

Sit with your child and introduce your friend for the day-- "fairy buddy." Demonstrate various tricks using the throw scarf and allow your child to try them too: "Fairy, Fairy fly up high... Weeeee catch" (Throw scarf into air and catch). "Fairy, Fairy fly to my other hand catch" (Throw with one hand, catch with the other). "Fairy, Fairy fly, twirl catch" (Throw scarf into air, turn around and catch). "Fairy, Fairy, fly, touch my head catch."
After providing the above examples ask your child to create their own "Fairy trick."

Take Cover

In teams of 4, 1 person has the ball and the other 3 line up facing them. The player with the ball throws it to the person opposite them who then returns the ball and crouches down. The person with the ball then throws the ball to the person next in line. They return it and crouch down. The ball is then passed to the last person at the back of the line, they return it and run to the start of line. The game begins again.

Cats

This game can be played in pairs or in a group standing in a circle. Take turns in throwing in throwing the ball to each other. If the ball is dropped that person gets the letter 'C'. The game continues, if the same person drops the ball again they get an 'A'. Continue playing until you have spelled out 'Cats'. That person is now out. With many players, the game can continue until only one person remains.

Hit the Wall

Child stands close to a wall and throws the ball at the wall. When the ball bounces back they try to catch it. If they manage they take one step back and try again. Keep taking one step back until they can no longer catch the ball. Try this activity with different balls. Other variations include allowing the ball to bounce before they catch or with a partner, one throws and the other catches and swap over.



Kicking Skills

Kicking a stationary ball with the right foot
Kicking a stationary ball with the left foot
Kicking a moving ball whilst stationary (with both feet)
Kicking a moving ball whilst running towards it
Kicking a dropped ball
Controlling the direction in which a ball is kicked
Kicking a ball a defined distance

Variations

Easier

Use a bigger ball
Use a lighter ball
Kick over a short distance
Kick the ball into a large target

Harder

Use a smaller ball
Use a heavier ball
Kick over a larger distance
Kick the ball into a smaller target



abc

Games & Activities

Forceball

In pairs: one kicking, the other collecting. One player rolls the ball along the ground and takes 2 steps back. The second player kicks the ball back. This continues for 5 turns. Can your child kick the ball back to you from 10 steps away?

Goals!

Teams of three: kicker, goalkeeper, and collector.
Mark a throw line and set up a goal.
Each player takes turns and has 5 kicks at goal.
Collector keeps the balls until the turn is over.

ABC

Set up three goals with cones. Each goal is 'A, B or C'. Call out a letter and the player has to kick the ball through that goal. You can introduce points for each goal e.g. outside goals A & C might be worth 3 points and the middle goal 'B' might be worth 1. Who can get the most points with 5 kicks?

World Cup Goalkeeper

Set up a goal and a shooting line. In groups of three (goalkeeper, shooter and collector) take it in turns to have 5 shots kicking a ball to the goal. The scorer with the most goals and the goalkeeper with the most saves win.

Kick Squash

Kick a ball against a wall, ask your partner to kick it back to you against the wall. How many times can you hit the wall without missing?

Kick Bowling

Set up cones. With a stationary kick, how many can you knock over? Points can be awarded for the number of cones knocked over. Having cones close together and kicking a short distance will make this task easier whereas having the cones further apart or kicking a greater distance will make the task harder



Travelling Skills

Walking/Running whilst carrying a ball
Walking /Running whilst throwing and catching a ball
Walking/Running whilst bouncing a ball
Walking/Running whilst dribbling a ball
Walking/Running whilst kicking a ball



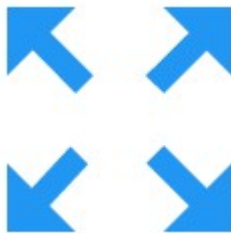
Variations

Easier

Use a bigger ball
Throw over a shorter distance
Allow movement in any direction

Harder

Use a smaller ball
Throw over a greater distance
Control movement by using
cones etc to mark
out a course/route



Games & Activities

Run with a ball in their hands

Run in a line with a partner and throw a ball back and forth

Bounce a ball along a straight line

- begin with bounce catch
- catch the ball with 2 hands and then 1
- bounce the ball with 2 hands and then 1 hand
- progress to alternate hand bounce

Hand or foot dribble a ball along a line

Hand or foot dribble a ball in and out of cones

Try both the dribbling activities with right and left hands/feet

Circuits

Set up a small circuit with cones. Children have to travel through the cones, weaving in and out of them and going all the way around. They can bounce the ball or dribble it. Set up a goal at the end of the circuit and they can kick or throw the ball into the goal.

Relays

Try setting up relay races using different methods of travelling with a ball.