

NOT AT SCHOOL

SCHOOL GAMES

EYFS/KS1 LESSON 1



WARM UP



ACTIVITY 1



The Avengers Workout - Complete each of the following movements for 20 seconds and then rest for 10 seconds before the next one.

Super Soldiers - High knees running on the spot.

Hydra Punches - Lie flat on your stomach, jump up onto your feet and do 4 forward punches. Jump back to lying flat on the floor and repeat.

See this [video](#) for more workout moves. Take a short break, have a drink and repeat!

The Bean Game - Someone in your house calls out different types of beans and you must move in a certain way. This can be done on the spot or around a room.

Jumping beans = jump around area

Runner bean = run around the area

Jelly bean = shake body as moving

French bean = can-can alternate legs

Can you create your own bean movement?

CHALLENGE 1



Basketball Shooting

Using a pair of rolled up socks, place a target (bin, sauce pan etc.) up against a wall. Try to shoot your socks into the target. Repeat 5 times and see how many you can score. For an added challenge, move your target away from the wall or place behind a chair in your house. How many can you score this time?

ACTIVITY 2



Simon Says - Ask someone in your house to give instructions starting with "Simon Says... do 10 squats". Think of other movements such as running on the spot, jumping, hopping, lunges etc. Try and catch someone out by saying an instruction without

"Simon Says..."

ACTIVITY 3



Striking with hands!

1. Sit at a table and strike a ball a rolled up pair of socks back & forward between your hands. Try using the back and side of your hand and also creating a fist.
2. Place some tins on the table or on the floor. Can you strike the socks to hit the tins?
3. Tie the socks in a shoelace and hang it from somewhere in your house. Strike the hanging socks with the palm of your hand and strike it again as it swings back to wards you. How many can you do without missing?

Check this [video](#) for more activities to try!

