

NOT AT SCHOOL

# SCHOOL GAMES

## EYFS/KS1 LESSON 2



### WARM UP



### ACTIVITY 1



**Home Workout** - Complete each of the following movements for the set amount and then rest for 20 seconds before the next one.

**Back Turns** - stand with feet shoulder width apart and hands on your hips. Twist your hips to the right, keeping your feet still and reaching your left arm across your body. Return to the starting position and repeat on the opposite side.

**Jumping Jacks** - Stand with your feet together and arms by your side. Jump up and spread your legs wide and arms high and wide like a star and then jump back to your starting position.

See this [video](#) for more workout moves!

### ACTIVITY 2



**Superhero Workout** - Try out this super fun and easy workout as you battle villains with jabs, punches, kicks and slices! Follow the moves [here](#)!

**The Remote Control Game** - Someone in your house calls out different buttons from your TV remote control and you must move in a certain way, This can be done on the spot or around the room.

**Play** = walking

**Pause** = freeze and hold a balance

**Fast forward** = running

**Skip** = skipping

Can you think of other remote control movements?

### CHALLENGE 1



#### Basketball Dribbling Skills

Using a pair of rolled up socks, pass them from one hand to the other around your head 10 times. Repeat around your hips 10 times, your knees 10 times and your ankles 10 times.

Compete against the clock. How long does it take you? For an added challenge, go round your head, hips, knees and ankles once and repeat 10 times. How long does this take you? Repeat to see if you can beat your own time.

### ACTIVITY 3



#### Indoor Golf

Get creative in your house by playing golf using your hand, rolled up socks and a bowl! What items can you use in your house to create different golf holes?

Take a look at this [video](#) for inspiration!

