

NOT AT SCHOOL

# SCHOOL GAMES

## EYFS/KS1 LESSON 4



### WARM UP



### ACTIVITY 1



Spread lots of different items (soft toy, teddies, plastic cups, socks, gloves etc.) around your home as markers to make a running route. Open doors to make your route longer and keep safe by making sure you have good space to move, turn and pivot. Ask someone in your house to call out movements (jog, hop, speed walk etc.). After a few different movements, you can now decide your own ways to move. Explore different ways to move and travel. Be creative and try something new!

#### Animals Game

Ask someone in your house to call out different animals. Can you move around like that animal for 30 seconds? Once you've had a go at moving like 10 different animals, it's now your turn to think of your own animals and see if someone else can guess what animal you are. Be creative and use sounds if you want to.

**How many different animals  
can you move like?**

### ACTIVITY 2



From the first activity, rearrange the items in your home so they are all in different positions. Ask someone in your house to call out an item. You must move to that item and then create a shape with your body and balance. Repeat until you have visited all objects and made lots of different shapes. Continue to move in different ways between the items and create different body shapes.

### CHALLENGE 1



#### Movement and Balance Routine

Collect all items you have used on your running route and place them in one room. Can you create a sequence of 3 movements and 3 different body shapes? Be creative by using music, a song or your favourite toy. Once you have completed 3, keep adding more movements and body shapes. Can you create a mini story or poem using your different shapes and movements?

### EXTENSION ACTIVITY

In line with Children's Mental Health Week from 1st - 7th February, SLSSP are running the #ExpressYourSelfie challenges for pupils to get involved with and be in with a chance of winning prizes! Check out the challenges [here](#)!



South Leicestershire School Sports Partnership

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