

# **Worcestershire West Weekly Physical Activity Programme**



**Monday 22<sup>nd</sup> June - Friday 26<sup>th</sup> June 2020**



# Nutty Squirrels

## How to Play

All you need to play this game is a small mat or hoop area in the middle of the garden. And 3 or 4 small mats spread evenly apart away from the centre mat. You will also need several soft items, such as balls, bean bags, etc to place on the centre mat.

Explain that the children are the squirrels, collecting nuts, the items on the middle mat, to store in their tree for the winter. On the command, “go” everyone runs to the centre to collect one item at a time and return it to their tree. They can go back as many times as possible until all the nuts have gone. The squirrel with the most items collected is the winner.

To make things easier for younger children, you could move their mat closer to the middle mat. Another way to play the game, is once all the items from the middle have been collected, squirrels can go and collect one item at a time from another squirrels tree. Keep going for one minute and then see who has the most items.



# Dragons Treasure

## How to Play

Set out a home line (safety line). When a child is behind this line they are safe from the Dragon. Nominate one person to be the dragon and one or two people to be a knight(s) in shining armour. The dragon stands at the side, or in front of the treasure. The treasure (equipment) is spread out around the dragon. The knight moves towards the treasure slowly from the home line. Each knight tries to take a piece of treasure without being caught.

The knights must freeze when the dragon turns around, similar to 'What's the Time Mr Wolf'.

If the knights are still moving and the dragon sees them, they must return to the home line and start again. The dragon chases anyone who collects a piece of treasure.

If the dragon manages to tag the child on the back then the child must return the treasure to the dragon.

Once all the treasure is collected safely, players swap roles and play the game again.





# Throw Golf

## How to Play

All you need to play this game is one beanbag or soft item per player and four or five targets. This could be a piece of cardboard with a number from 1 to 5 written on each target. You will also need a pen and piece of paper to record the scores. Set out the targets around the garden, with the highest number furthest away. These targets represent the holes on a golf course.

You also need to mark the start of each throw. Where the child T's off.

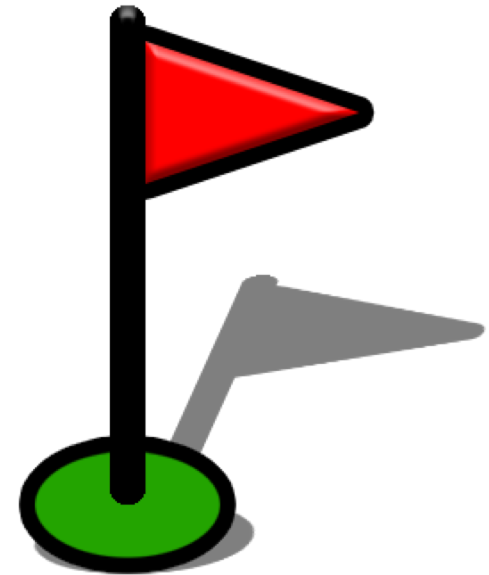
Children try to get their bean bag from the starting point to the target in as few throws as possible.

Players record their scores (how many throws it takes to complete the first hole) and then move onto the next hole.

The player with the lowest total score is the winner.

## Challenge:

Complete the golf course by throwing the bean bag using your non-dominant hand.





# Bean Bag Balance

## How to Play

This game will help your child practice moving with good posture and balance.

The player places a beanbag on their head and travels around the open space, whilst balancing the beanbag. They should try to keep their chin up and look straight ahead. Being aware of their surroundings.

Children can also try moving faster, increasing from walking, to skipping or jogging and if safe to do so running. All whilst trying to keep the beanbag on their head.

They could also try changing direction, turning around on the spot or touching the floor and then standing up straight.

## Challenge

Can you balance a beanbag on your head and a beanbag on each shoulder?





# Rock, Paper, Scissors

## How to Play

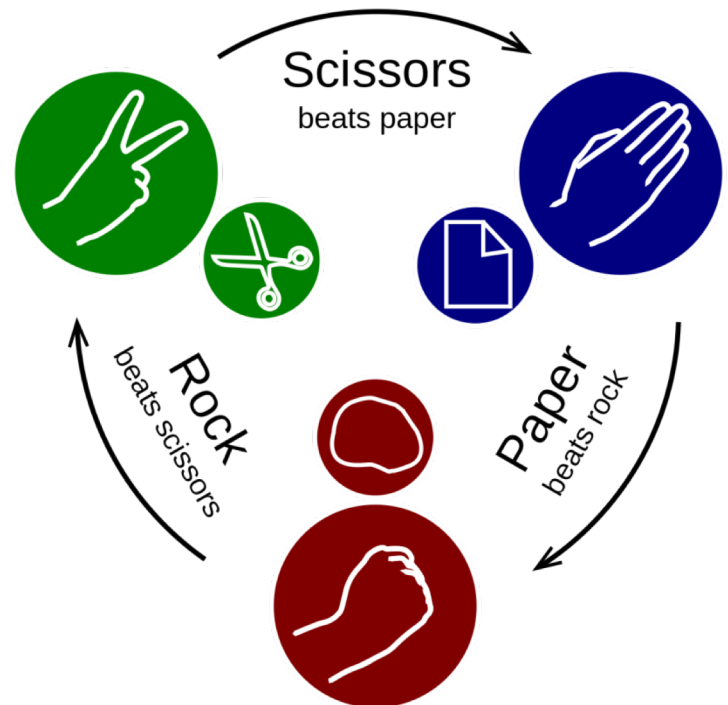
Place two markers 10-20 metres apart. In pairs, players stand half-way between the two markers and play rock, paper, scissors.

Together the children say “1,2,3” and then make their hand into a fist for rock, flat for paper or hold two fingers apart for scissors.

Rock blunts scissors, paper wraps rock and scissors cut paper.

The loser runs to their cone and the winner chases them and tries to tag them before they reach the markers.

To make the activity easier, reduce the distance between the two makers.





# Jump the Stream

## How to Play

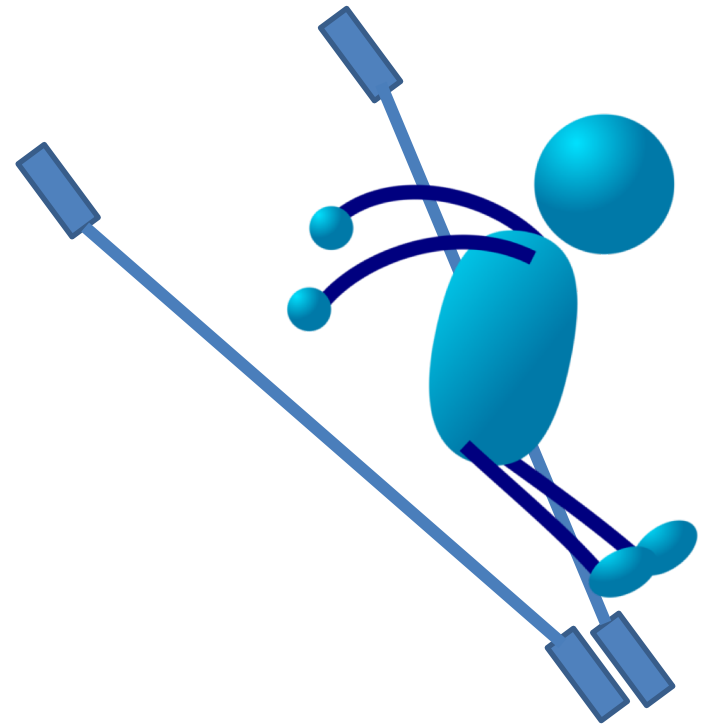
This game will help your child practice jumping for distance. Using a two feet to two feet jumping action and landing with control and balance. All you need is some items to use as markers e.g. cones or skipping ropes and a soft landing area.

Place down two mats or make two lines (skipping ropes), making a narrow V shape.

Explain that the gap between the mats or lines is the stream and the children need to jump across the stream without 'getting their feet wet'.

Start towards the narrow end of the stream and then move gradually towards the wider end, thus jumping further.

Try jumping from two feet to two feet or jump off one leg to two feet.





# Fast Feet Challenge

## How to Play

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.



How many times can you dribble around a marker and back in 60 seconds?



### Achieve Gold

24 dribbles around the marker and back



### Achieve Silver

18 dribbles around the marker and back



### Achieve Bronze

12 dribbles around the marker and back

