**Activities to keep your children active at home**

**Games for hand / eye coordination**

**Balloon Volleyball**

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| Equipment | How to play |
| Balloon  [Image result for balloon](https://www.google.co.uk/url?sa=i&url=https://www.click4balloons.co.uk/qualatex-11-inch-balloons---pearl-ruby-red-11-balloons-radiant-100pcs-26554-p.asp&psig=AOvVaw0kR5LTzDDac_dDFpsHq8Y6&ust=1584708409269000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPjQsJfJpugCFQAAAAAdAAAAABAD)  String / rope – to create a net | Try to keep the balloon off the floor – see how many times with a partner you keep the balloon in the air  Try to ground the balloon on the floor on the floor of your oppositions side of the net |

**Target practice**

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| Equipment | How to play |
| Washing basket  [Casa Handy Hipster Plastic Laundry Basket](https://www.plasticboxshop.co.uk/images/casa-handy-hipster-plastic-laundry-basket-p357-9699_image.jpg)  Rolled up socks | Aim at the basket and see how many rolled up pairs of socks you can get in the basket  Increase the distance of the basket to make more difficult |

**Bowling**

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| Equipment | How to play |
| Empty coke or lemonade bottles  [Image result for empty 2 litre coke bottle](https://www.google.co.uk/url?sa=i&url=https://www.facebook.com/tainroyalacademy/photos/can-you-help-we-need-more-2-litre-empty-bottles-for-the-poppy-display-please-bri/1810232862387756/&psig=AOvVaw0J2WPyTe1hcofCQBFpruBG&ust=1584699898648000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMC02rKppugCFQAAAAAdAAAAABAD) | Set up a line of empty coke/lemonade bottles like ten pin bowling.  Roll / throw a ball OR rolled up socks at the line of bottles  See how many you can get down. |

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| Equipment | How to play |
| Empty cereal boxes, tea bag boxes and any other boxes  [Image result for empty cereal boxes](https://www.google.co.uk/url?sa=i&url=http://michelemademe.blogspot.com/2010/09/tutorial-webbily-halloween-lantern.html&psig=AOvVaw1QBrXYJkPwMb7s5zcYo59H&ust=1584788396892000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLCy1_3yqOgCFQAAAAAdAAAAABAD) | Stack the boxes to make a tower  Knock them over by rolling a ball or rolled up socks |

**Tin can alley**

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| Equipment | How to play |
| Empty [Image result for empty tins stacked](https://www.google.co.uk/url?sa=i&url=https://www.dreamstime.com/illustration/stack-tin-cans.html&psig=AOvVaw32-M7vSR82LZzP3VJ1QDzk&ust=1584788557859000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPjdqsrzqOgCFQAAAAAdAAAAABAE)tin cans | Stack the cans  Knock them over by rolling a ball or rolled up socks |

**Gross Motor activities**

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| Equipment | How to play |
| Roll and Move Gross Motor Activity DiceResource sheet  2 dice | Make the 2 dice using the printed resource.  Take turns rolling the dice  Do the movement, using the selected body part.  You can change the body part or action dependent on your child’s needs |

**Twinkl**

<https://content.twinkl.co.uk/resource/1e/de/us-a-195-roll-and-move-gross-motor-activity-english_ver_1.pdf?__token__=exp=1584616700~acl=%2Fresource%2F1e%2Fde%2Fus-a-195-roll-and-move-gross-motor-activity-english_ver_1.pdf%2A~hmac=6f2d8b60e6764c94656df1e06e7d355ab5d245cbd8e35b6b847f25a8c89580c4>

**Wii Just Dance on YOU TUBE**

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| Equipment | How to play |
| [Image result for wii just dance](https://www.google.co.uk/url?sa=i&url=https://www.nintendo.co.uk/Games/Wii/Just-Dance-281573.html&psig=AOvVaw0eaRciOtnRk5K19MRrKZGq&ust=1584709028293000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKit2cvLpugCFQAAAAAdAAAAABAD) You Tube – Just dance  **Suggested songs:**  Waka Waka -Shakira  Cotton Eye Joe - Rednex  Happy – Pharrell Williams  Can’t stop the feeling – Justin Timberlake  Dancing Queen – Abba  A little less conversation – Elvis  Eye of the Tiger – Survivor | Follow the dance movements on the screen.  Have fun. It’s a great way to work out |

**Joe Wicks PE lessons ( Mon – Frid)**

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| Equipment | How to play |
| Joe Wicks has announced he will start online PE lessons to help keep children fit and healthy during the school shutdown | If you are able to try to join with some of the activities Joe Wicks will be leading on his, **You Tube Channel.**  Its free!! |

**GoNoodle**

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| Equipment | How to play |
| [Image result for gonoodle get yo body movin](https://www.google.co.uk/url?sa=i&url=https://family.gonoodle.com/activities/get-yo-body-movin&psig=AOvVaw3QXbFvgfDradzCb477E6uC&ust=1585221353929000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNiq_vO_tegCFQAAAAAdAAAAABAD) | Go to You tube and type in GoNoodle “Get yo body movin”  It’s a fun action song for all to join in with |

**Exercise, Rhyme and freeze- Jack Hartman**

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| Equipment | How to play |
| [Image result for exercise,rhyme and exercise jack Hartmann](https://www.google.co.uk/url?sa=i&url=https://www.youtube.com/watch?v%3DcSPmGPIyykU&psig=AOvVaw00BLaOLVKzkvghUZMF8fef&ust=1585221555524000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOjfh9XAtegCFQAAAAAdAAAAABAD) | Go to You tube and type in  “Exercise, Rhyme and freeze” Jack Hartman  This is a fun action song that also helps learn rhyming words. |