**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 balloonString / 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 airTry 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 BasketRolled 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 | 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 bottlesSee 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  | 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 stackedtin 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 sheet2 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 You Tube – Just dance **Suggested songs:**Waka Waka -ShakiraCotton Eye Joe - RednexHappy – 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 | 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 | Go to You tube and type in “Exercise, Rhyme and freeze” Jack HartmanThis is a fun action song that also helps learn rhyming words. |