

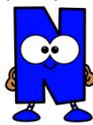
## Warm Up Activity:

What's your name Game?

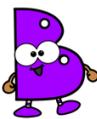
Spell out your name and the key sports word for each day.



Jump up and down 10 times



Do 20 kangaroo jumps



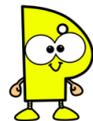
Spin around 5 times



Skip around and count to 10



Hope on 1 foot 10 times



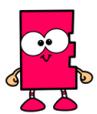
Walk sideways for 20 steps and come back



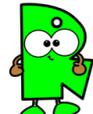
Run to the nearest door and back



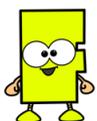
Gallop like a horse and count to 20



Walk like a bear for 10 seconds



Walk around like a lion and count to 20



Do a tumble



Bend down and touch your toes 15 times



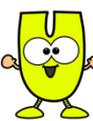
Do 10 jumping jacks



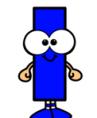
Lie down and pretend to ride a bicycle for 12 seconds



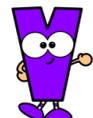
Jump like a frog 8 times



Walk on your tippy toes and count to 20



Balance on your left foot for 10 seconds



Fly like a bird and count to 18



Balance on your right foot for 10 seconds



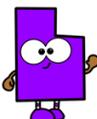
Do 5 sit-ups



March like a soldier 12 times



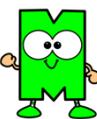
Reach up as high as you can and walk around counting to 20



Jump up and down 20 times



Walk on your knees for a count of 10



Do a pencil roll along the ground



Do 10 pushups

## Schedule of Activities

### Day 1:

**Warm up:** Spell: Junior: **ball** Senior: **Basketball**

**Activity 1:** Long jump

**Activity 2:** Hurdles

**Activity 3:** Dress up race

### Day 2:

**Warm up:** Spell: Junior: **hop** Senior: **Tennis**

**Activity 1:** Bowling with household items

**Activity 2:** Foot bowling

**Activity 3:** Keepie uppies with a ball or balloon

### Day 3:

**Warm up:** Spell: Junior: **skip** Senior: **Long jump**

**Activity 1:** Skipping

**Activity 2:** Tic tac toe race

**Activity 3:** Step ups

### Day 4:

**Warm up:** Spell: Junior: **jump** Senior: **Football**

**Activity 1:** Just Dance

**Activity 2:** Puzzle Race

**Activity 3:** Crab crawl race/ balancing race

### Day 5:

**Warm up:** Spell: Junior: **play** Senior: **We love sports**

**'Fun for All' Day:**

9.00-9.15 - Egg and spoon race

9.15-9.30 - Sack race

9.30 - 9.45 - Welly toss

9.45 - 10.10 - Kick to score

10.10 - 10.30 - Target throwing

**10.30 - 11.00 - Break**

11.00- 11.15 - Beat the clock

11.15- 11.30 - Free dance

11.30 - 11.45 - Scavenger Hunt

11.45 - 12.00 - Sponge

12.00 - 12.15 - Flip cup

12.15 - 12.30 - Laundry basket

**12.30 - 1.00 - Lunch**

1.00 - 1:30 -Obstacle course

1:30 - 1:45 Speed bounce over cereal box

1:45- 2.00 Create own sports activity

2:00 - 2:30 Yoga

Day 1	Day 2	Day 3	Day 4
<p><b>Long Jump</b></p> <p>Stand with your legs together and see how far you can jump!</p> 	<p><b>Bowling with household items</b></p> <p><u>You will need:</u> Tennis ball Teddies/ dolls/water bottles/empty milk cartons</p> <p>Set up some teddies/ dolls/water bottles/empty milk cartons in a row. Get a tennis ball or football. Stand a few metres back and <b>roll</b> the ball towards your targets. See how many you can knock down.</p>	<p><b>Skipping</b></p> <p><u>You will need:</u> Skipping rope</p> <p>Practise your skipping skills. How many skips can you do without stopping? Create your own skipping rhyme if you wish.</p> 	<p><b>Just Dance</b></p> <p><u>You will need:</u> Youtube <a href="https://m.youtube.com/watch?v=YA8BIE-2H5k">https://m.youtube.com/watch?v=YA8BIE-2H5k</a> Or dance to your favourite piece of music</p>
<p><b>Hurdles</b></p> <p><u>You will need:</u> Items to jump over.</p> <p>Gather some items from around the house to jump over- such as boxes, cartons etc. Lay them out across the room/garden and jump over them.</p>	<p><b>Foot bowling</b></p> <p><u>You will need:</u> Ball Teddies/ dolls/water bottles/empty milk cartons</p> <p>Set up some teddies/ dolls/water bottles/empty milk cartons in a row. Get a tennis ball or football. Stand a few metres back and <b>kick</b> the ball. See how many you can knock down.</p>	<p><b>Tic tac toe</b></p> <p><u>You will need:</u> 2 sets of different coloured socks or clothes pegs.</p> <p>Set out a 3 x 3 grid for tic tac toe (x's and o's.) Mark out a start line. Mark out a throw line a couple of metres from the grid. The aim of the game is to get three socks in a row.</p>	<p><b>Puzzle race</b></p> <p><u>You will need:</u> A puzzle</p> <p>Get a jigsaw or puzzle and hide pieces of the puzzle around the garden/house. Find the pieces and make the puzzles.</p> <p><b>Challenge:</b> Time yourself. See can you do it faster the second time around.</p>
<p><b>Dress up race</b></p>	<p><b>Keepie uppies</b></p>	<p><b>Step ups</b></p>	<p><b>Crab race or balancing</b></p>

You will need:

4 items of clothing/ accessories. E.g. trousers, top, sunglasses, hat etc.  
4 bases

Put one item at each base.  
Race: when you get to each base put on the item from that base. You cannot move on until you have it on. Progress to the next bases doing the same until you have reached all bases and you have all the items on you.

**Challenge:** Time yourself.

You will need:

Balloon or football

Use a balloon or football to and see how long you can keep the ball/balloon up without allowing it to hit the ground. Use different body parts to keep it up.

You will need:

Steps, stairs or curb

Find a step (stairs/a kerb outside), and see how many times you can step up and down in 1 minute.



A crab race is a kind of race done on all fours with your stomach facing upwards. In this position, you shuffle around a racing area like a crab. Balancing - can you balance socks/beanbag on your head and run up and down the lawn/house can you keep it balanced on your head without it falling off.



# Fun for all day

**9:00 - 9:15**

## Egg/ Spud and Spoon Race

You will need:

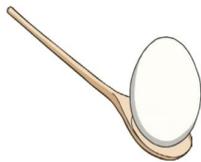
Spoons

Eggs (hardboiled) or potatoes

Choose where your race will start and finish. Balance an egg or spud on a spoon. Try not to drop it.

### Egg and Spoon

Can children successfully run a race and keep the egg on the spoon? If so, give them a point!



**9:15 - 9:30**

## Sack Race

You will need:

A potato sack/pillow case or big bag

Set out a start and finish line. Use an old potato sack, shopping bag or pillowcase to hop along to the finish line



**9:30 - 9:45**

### **Welly/ Shoe Toss**

You will need:

Welly / Shoe

See who can throw a welly the furthest. Mark your spot with a cone/ shoe/ other items of choice.



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**9:45 - 10:10**

### **Kick to Score**

You will need:

Ball of any description

Targets - sheets of paper with scores marked on them

Tape or bluetac to stick the targets to the wall

Draw or stick target areas at various heights on a wall. Points can be placed in the centre of each target from 1 to 5. Pupils are given a score to achieve e.g. 10. Pupils must kick and hit the targets on the wall to achieve that score or add up numbers to reach a higher number.



**10:10 - 10:30**

### **Target throwing**

You will need:

Hula hoop or basket

Clothes pegs or balled up socks

Choose your target. It could be a basketball hoop, a hula hoop or even a basket. Measure a set distance from the target (e.g. 2 meters). See how many clothes pegs you can get into the target in one minute!

**10:30 - 11:00 Break**

**11:00 - 11:15**  
**Beat the Clock**

You will need:

10 household items

Place 10 household/ garden items at the end of the garden (around 10 metres away).  
Run down and take 1 item at a time back to the starting line.  
You have 1 minute to see how many items you can get back.

Items must be placed at the starting line - no throwing!

**11:15 - 11:30**  
**Free Dance**

You will need:

Music

Space to dance

Play some music and dance around the room :)

Try to dance...

1. At different speeds
2. With different body parts
3. Using classic dance moves such as twisting, disco dancing and spinning

Youtube links to some song suggestions: <https://youtu.be/jv-pYB0Qw9A>  
<https://youtu.be/Suzm8thg13M>  
<https://youtu.be/zIOVMHMNfJ4>

**11:30 - 11:45**  
**Scavenger Hunt**

You will need:  
Attached PDF



**11:45 - 12:00**  
**Water Race**

You will need:

One large container filled with water  
Two buckets/basins  
Water  
A cup or a sponge

At the start line have the large container filled with water.  
Put the two basins on opposite ends of the garden/room.  
The aim of the race is to take water from the main container at the start of the race using the sponge or cup. You run with it to your bucket at the other end of the garden or room.  
The winner is the person who fills their bucket first or whichever person fills their bucket the most.



**12:00 - 12:15**

**Flip Cup**

You will need:

Flat surface like a table where you can place the cup at the edge.  
Plastic cups

Stand a plastic cup upright with some of the base sticking off the edge of the table. Try to flip it around to land upside down. See how many times you can flip it in a minute.



**12:15 - 12:30**

**Laundry Basket/ Bucket throw**

You will need:

Laundry basket; socks  
Gather items from around the house to throw (socks, teddies etc).

Stand away from the laundry basket and try to throw the items into the laundry



basket/bucket

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## 12:30 - 1:00 Lunch Break

### 1.00-1.30 Obstacle Course

#### You will need:

Use items from around the house and garden to create an obstacle course.

Example: lay a skipping rope along the ground and walk across it like a tightrope. Line up kitchen chairs as a tunnel. Be creative! For older pupils why not carry a plastic cup of water while completing the obstacle course.



### 1:30 - 1:45

#### Speed Bounce over cereal box

#### You will need:

A cereal box or something to jump over.

See how many times you can jump from one side of a cereal box to the other side of the box in 1 minute



**1:45 - 2:00**

**Create your own activity**

Choose any activity/game at all you would like to create. Be as creative as you can be. You can create your own rules.

**2:00 - 2:30**

**Yoga**

Try some yoga poses to finish off the day and pick a cosmic yoga video on youtube to do <https://www.youtube.com/user/CosmicKidsYoga>

**I am strong.**



**I am brave.**



**I am wise.**



**I am kind.**



**I am friendly.**

