

## Outdoor/ Garden Activities

### 7-Up Ball Game

Find a safe, flat place outside in the garden where your child/children can bounce a ball.

The object of the game is to get your child/children to bounce the ball a set number of times while performing a specific skill. They could try the following:

#### Activities

**Sevens:** Bounce the ball against the ground 7 times.

**Sixes:** Throw the ball up in the air 6 times and catch. {No bounces}

**Fives:** Bounce the ball 5 times on the ground but bounce it hard enough so that it bounces over your head. Catch it on the way down.

**Fours:** Throw the ball up, let it bounce then catch. Repeat 4 times.

**Threes:** Bounce the ball, then hit it down again before catching. Repeat 3 times.

**Twos:** Bounce the ball under your leg twice.

**Ones:** Throw the ball up in the air, spin around completely {360 degrees} when it falls and bounces, then catch.

When they become more confident you may want to make it more difficult by adding a clap between each bounce or throw. You may want to use balls of different sizes.

### Dribble Knockout

Find a safe, flat place outside in the garden where your child/children can bounce a ball.

The aim of the game is for your child/children to keep bouncing the ball with their hands for as long as they can without losing control. They can develop this further by dribbling/bouncing a ball around an obstacle course without losing control. Your child/children can design their own obstacle course. They can also play against another person. Draw a circle with chalk. Make it large enough for two people to

be able to bounce a ball and move around in. Each person begins to bounce their own ball, while staying within the circle. The aim of the game is for each person to try and knock the other persons ball out of the circle, but they must also keep control of their own ball.

## **Splat!**

Make a circle with one person in the middle. The person in the middle rolls the ball along the ground to the feet of the first person. That person must try to trap the ball, using one foot to stop it and shout out ' SPLAT' before passing it back. This game can also be played with just two people standing opposite each other.

## **Ball And A Wall**

Make sure you find a safe, clear area to play. Get your child/children to practise passing the ball by kicking it against the wall and letting it come back to them. Can they pass with both feet?

## **Balance The Ball**

See how long your child/children can balance the ball on different parts of their body: Their shoulder, arm, and their feet. Try to improve their time.

## **Through The Gate**

Set up two gates using two objects. Stand on the opposite side of the gate to your child/children. How many times can you pass the ball to each other through the gate?

## **Number Squares:**

On the patio or the back yard make a large square. You could use tape or chalk. Divide it into 9 or more smaller squares, marking random numbers in each one. {Your children could help you make this.} Now ask your child/children specific movements to get to the next number e.g... Jump to 10 or hop to an even number.

## **Game By Numbers:**

Get your child/children to start by jogging around. Shout out different numbers.1= Jump up, 2=Touch floor, 3=Spin around, 4= Change direction. When you shout the number out, they will need to do the action. If they perform the wrong action, then they are out. This game could be played in a family group.

## **Jumping Jack:**

The aim of this game is to see how fast your child/children can complete a set of different jumps. Set up 5 points/stations and number them 1 to 5. Space the points/stations out. You could use cones, card, paper or almost anything for the stations. Now ask your child/children to start at station 1. Decide how many jumps/hops you want your child/children to complete at each station. Then time them. For example: Station 1: Right leg hopping on spot, Station 2: Left leg hopping on the spot, Station 3: Two feet jumping on the spot, Station 4: Tuck jumps, Station 5: Star jumps.

## **Ships & Sailors:**

Get your child/children to stand in a line. You call out instructions. 'Ships' they run left, 'Sailors' they run right. 'Captains Coming' they stand and salute, 'Scrub The Deck' pretend to clean the floor. You can add in more or just use these until your child/children understand the game better.

## **Obstacle Course:**

You can help your child/children design and make their own obstacle course. Some activities may include: Walk along a chalk line while balancing a beanbag on your head, jump into and out of a chalked circle five times, crawl under a row of chairs, crawl under a string stretched between two chair legs, throw a beanbag into a chalked circle/laundry basket, bounce a ball 5 times. There are many activities and ideas that you can add to make it easier or more difficult.

## **Outdoor Scavenger Hunt**

The idea behind the scavenger hunt is that your child/children go around the garden and try to find things or name things that are on the clue sheet. You can use the example below. You could offer a prize for the most found or named.

## **Crayon Rubbings**

Using crayons and paper, ask your child/children to move around the garden to find surfaces with different textures. They can then do crayon rubbings on the paper to show the different patterns. For example, the bark of a tree, a leaf, or a brick in the wall. You could make it more interesting by offering a prize for the most patterns completed.

# GARDEN SCAVENGER HUNT

Find 3 kinds of leaves.	Find something blue.
Find something that grows that is green.	Find something that is round.
Find 3 sticks.	Name something that you see in the sky.
Find something yellow.	Name a bug that is red.
Find 3 different shaped leaves.	Find something that is long.
Find a spider web.	Find 3 different shaped stones.
Find something that smells nice.	Name something that crawls.
Find something small.	Find something made of wood.

## **Free Websites To Support With Keeping Active**

**Cosmic Yoga – You Tube**

**Yoga videos designed for children 3 +**

<https://www.youtube.com/user/CosmicKidsYoga>

**NHS Change 4 Life.**

[www.nhs.uk/change4life/activities](http://www.nhs.uk/change4life/activities)

**Joe Wicks. Workouts for children.**

[www.youtube.com](http://www.youtube.com)

**BBC Supermovers -**

**Interactive videos to support with Maths, Literacy, PSHE and PE learning.  
Great for times tables -as well as videos that are 'just for fun'**

[www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)

**Premier League Stars**

**Videos and activities to support with Maths, Literacy, PSHE and PE.**

[www.plprimarystars.com](http://www.plprimarystars.com)

**100 things to do indoors-Free activity sheet.**

[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)

**Newsround**

**Keeping children up to date with the world around them.**

[www.bbc.co.uk/newsround](http://www.bbc.co.uk/newsround)