



Nursery



Day of the Week	Activity
Monday	Hide and Seek: Detective Style!
Tuesday	Battleships!
Wednesday	Wacky Races
Thursday	A Doctor's Diet
Friday	Kids Choice: Cosmic Kids Yoga

Monday –

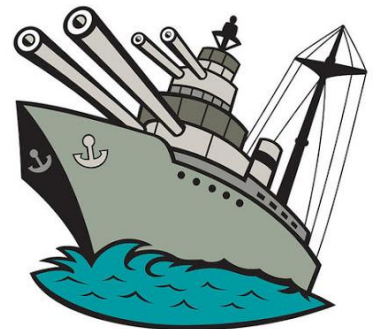
Hide and Seek: Detective Style!

- You'll need at least one other person to play this game.
- Pick out 10-12 toys/objects (take a picture so you can remember what you have hidden!)
- The 'police officer' has to cover their eyes whilst the other player hides the toys (criminals)
- Once hidden, the 'police officer' has to try and find all of the criminals that have escaped!
- You can time it if you want!
- Once you have played – swap roles!



Tuesday – Battleships!

- For this game you'll need to make a ball out of some rolled up socks and an opponent.
- Pick out some soft toys as targets and take it in turns to throw the 'sockballs' at the targets.
- If a player hits a target – they get to keep it. Whoever hits the most wins!
- When you start to get better use smaller targets or move your targets further away!



How do I do that?

What do I need to learn?:

Throwing for accuracy

When throwing for accuracy it is best to throw under-arm, with a slight bend in the knee. On release the children should point their fingers at their target, moving their arm in a steady motion



Wednesday – Wacky Races

- This is one very simple. You can make a circle, square or move in straight line.
- All you have to do is to pick 3 different ways of moving your body and then have fun either racing each other or working as a team and timing each other!

Frog Jumps

Hopping

Bunny Hops

Bear Crawl

Skipping

Pencil Rolls

Wriggle like a snake

Hopscotch

Fly like a plane

Thursday – A Doctor's Diet!

- One of the many jobs for a Doctor is to help people each a healthy diet.
- For this game your child will need someone to play against.
- In your playing area you'll need to starting points (place the child closer) – then spread out different types of food out in your space (not from the freezer though!)
- When the game starts players must run out and grab an item of food to take back to their starting point. Keep this going until all objects have been collected!
- Then work out who has won. All food collected is worth one point, but the super healthy foods are worth 5!

Friday – Cosmic Kids Yoga

- Happy Friday!
- On 'Youtube kids' you'll find a channel called 'Cosmic Kids Yoga'
- This lady matches yoga moves to famous books/films/computer games
- Choose one and give it a go, yoga is fantastic at improving core strength, flexibility and co-ordination!

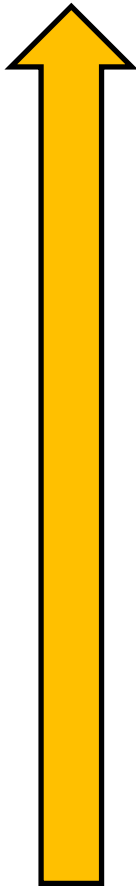


“I can do that.... What’s
next?”



Progressions: Balance



- 
- Children can maintain balance when performing a task on one leg (this applies when static or when moving) (**Develop through setting challenges where children must perform tasks on one leg. I.e — Throw and catch bean bag with alternate hands on one leg — Individual or as pairs**)
 - Children can maintain their balance whilst standing on one foot (**Set time challenges, use apparatus to focus children. Encourage the children to look at something that is level with their eyes — ears govern our balance! Some children will initially find it easier balancing with a bend in their knee, allowing the Quadriceps to contract slightly and control their body**)
 - Children maintain their balance whilst standing in a stationary position and performing a task (2 feet) (**Develop by asking children to balance a bean bag on their shoulder>back of hand>head>on head whilst holding arms out and touching nose with one hand**)
 - Children maintain balance when standing in a stationary position on the floor (2 feet) (**Develop this skill through activities involving a 'freeze' OR ask children to balance objects on particular parts of their body. I.e - Bean Bag/Cone**)




As children develop their balance, ask them to hold their limbs further away from their core!



Increase in
Complexity
of Skill



Progressions: Catching

- 
- Standing — Using two **bean bags**!
 - Standing — Practice catching with a **medium sized ball**
 - Resting on knee's — Practice catching with a **medium sized ball**
 - Sitting — practice catching with a **medium sized ball**
 - Standing — Practice catching with a **bean bag**
 - Resting on knee's — Practice catching with a **bean bag**
 - Sitting — practice catching with a **bean bag** (doesn't roll away!)

Individual


- Standing — Using two **bean bags**!
- Standing — Practice catching with a **medium sized ball**
- Resting on knee's — Practice catching with a **medium sized ball**
- Sitting — practice catching with a **medium sized ball**
- Standing — Practice catching with a **bean bag**
- Resting on knee's — Practice catching with a **bean bag**
- Sitting — practice catching with a **bean bag** (doesn't roll away!)

In Pairs

- Large group working in a set space, one child acts as the DEF, the rest keep **ball** away from DEF
- Standing in a circle, no adult in the middle, practice catching with a **medium sized ball**
- In a circle, no adult in middle, practice catching a **bean bag**
- Standing in a circle, adult in the middle, practice catching with a **medium sized ball**
- Standing in a circle, adult in the middle, practice catching with a **bean bag**

In a Small Group

Increase in
Complexity
of Skill

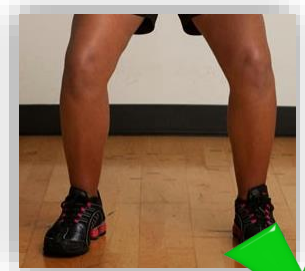




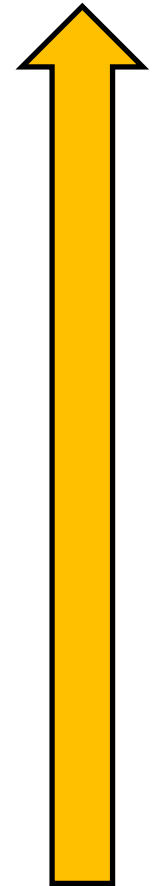
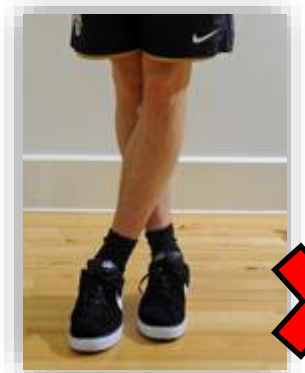
Progressions: Running & Stopping



- Children maintain balance when moving fast in all directions & changing directions. Children react to variables and maintain balance whilst moving in a range of directions and stopping with competency (**Development would now begin to integrate other factors such as another FMS — Kicking, Catching, Throwing, Jumping etc**)
- Children maintain their balance when changing direction in a regimented fashion, show an understanding that not crossing legs when changing direction helps them to maintain balance (**Development would then focus on activities/games requiring children dodging, chasing, avoiding moving objects/people**)
- Children maintain their balance when moving forwards, show an understanding that bending at the knee helps them to stop quickly. Struggle to maintain balance when changing direction in a regimented fashion (I.e Running in & out of cone slaloms)
- Children show a clear in-balance when moving forwards at any pace faster than walking. Need to numerous steps when coming to a stop (**Development would focus on lots of activities/games requiring straight line running**)



When changing direction
DON'T cross your feet!




Increase in
Complexity
of Skill



Progressions: Throwing



- 
- Can utilise the over-arm throw to throw to a target/area with moderate success (a greater distance away)
 - Begins to use the over-arm throw to throw over a greater distance
 - Can throw objects under-arm to targets 3-4 metres away with moderate success
 - Can throw objects under-arm to targets 1-2 metres away with moderate success
 - Can throw objects under-arm in a general direction with a degree of success (i.e — Forwards)

Individual

- Can utilise the over-arm throw to throw to the chest with moderate success (a greater distance away)
- Begins to use the over-arm throw to throw over a greater distance (close to partner's chest)
- Can throw objects under-arm to chest 3-4 metres away with moderate success
- Can throw objects under-arm to chest 1-2 metres away with moderate success
- Can throw objects under-arm in a general direction with a degree of success (i.e — Towards their partner)

In Pairs

- Children select appropriate types of throw, reacting to changing situations in game play successfully (bounce pass to avoid defender)
- Children can use teaching points to successfully complete different types of throw on command
- Children can list the teaching points of different types of throw (i.e — How to perform a chest pass/bounce pass)
- Takes part in activities using one type of throw

Activity specific

Increase in
Complexity
of Skill

