

Physical Development and Wellbeing

How many star jumps can you do in 1 minute? What about other movements? Hopping on one foot? Record your results. How about creating a chart for the whole family? Who can perform the greatest number of each movement in 1 minute?



Memory Game
Collect 10 objects from around your home and put them in a bag, for example, a sock, toy, cup, spoon, book. Show each object one at a time to a member of your family. Put the objects back in the bag. Now, ask a member of your family to name or write a list of the 10 items seen, in just 1 minute!



Can you create a sequence of 2 or 3 movements for others to follow? For example, hop, walk and skip. Make a video with instructions for others to copy you.



How about listening to a piece of music of your choice and using a scarf, ribbon or any item of clothing to create high, low and big shapes in the air?



Create a hopscotch outside with chalk, or indoors with tape. Use a stone/button or any small item to throw on the hopscotch. Write numbers on the squares and say on what number the object lands, or say one more/less, or double the number etc.



Kim's Game
Put 10 objects on a tray, such as a pencil, small toy, shell or decoration. Ask a member of your family to look at them carefully for a few minutes. Cover the tray, but remove one object without anyone seeing. Now, remove the cover. Can they name the missing object?



Underarm/overarm throwing - use a ball or a ball made from socks/foil or any object (roll underarm on the floor if indoors). Set targets to knock down (recycling items from around the home may be used). Put points on the targets, calculate a total if 2 or more targets are knocked down.



Run on the spot for 20 seconds, wait 10 seconds, jump with arms outstretched and touch the floor with your hands for 20 seconds, wait 10 seconds. Repeat for 3 minutes. Change the movements. You can decrease/increase the time.



Place objects in a row with a gap between each one, for example, food tins on the floor. Jog, run or skip weaving in between the objects. Walk/run back to the start. How many times can you do the activity in 1 minute?



Place chairs/stools in a row with a gap between each one. Take an object, pass it between the knees and place it on the chair. Then move behind the next chair, take the object and repeat the process until you get to the end of the row. Run back to the start. This may be done with other members of the family - pass an object between your knees/over your head to the next person.

