

Simple Physical Activities

Maths Relay

Use 4 objects to run around spread out in a line, 3 or 4 metres apart, depending on how much space you have.

The start point should be the same distance from the first object.

The first object should be number 1 the last number 4 and obviously 2 and 3 in the middle

- Call a number and the child must run around that number and back.
- Call a number larger than 4 and the child must make that total. For example if you call 9 they may run around object 3 and back to the start three times, or could run around object 4 then object 3 then object 2.
- Call out a sum where the answer is 1, 2, 3 or 4. The child has to run around the correct answer
- More than one child means they can race to make it competitive.
- Children can be timed to compete against themselves or a sibling
- Make sums as hard as you like as the children can guess the answer

Assault Course

Great if you have a garden but can be done throughout the house. Children can set up their own course. Try to get them to include things like jumping, going over things, going under things, going around things, balancing on things and sending things to a target. Different ways of moving are also good and helps add variety and challenge, like hopping, backwards, side-stepping.

Children can be timed to make it competitive or improved their score

No Hands Challenge

Set up a point A and point B as a distance to travel. 15 metres apart might be a good start.

Give the child or children several small items. They have to get the items from point A to point B without them landing on the floor and without use their hands.

Children should try and solve the problem by themselves.

They usually scoop the objects up in their t-shirts – a great idea.

Next time give them a challenge that they can't use their clothing either and hands count from the fingers tips to the bottom of their shoulder.

Children can be timed or compete against a sibling

Reaction Game

Give the children an object each to pick up. The same object would help like a toy. They place it on the floor just in front of them.

Call out parts of the body which the children must touch with both hands but when you call 'Toy' the first one to pick it up and hold it in the air is the winner

As well as body part get children to perform exercises like star jumps, jumping or running on the spot

Children can compete for the same object to make it more challenging

Simon Says

A great game to get children to perform tasks what you need them to do.

From a physical activity point of view ask children to perform exercises like jogging around, star jumps, touching their head, rubbing their tummy

You can also get them to tidy up any mess they have made and other little jobs around the house.

Remember saying Simon Says before a sentence means they have to perform the task. If they perform a task where you haven't said Simon Says first then they are out

Sending and Receiving

A ball or similar object to catch is good for these activities

In Pairs or Three's

- How many catches in one minute – can you beat your score?
- Ladder catching – how many catches in 2 minutes – if you drop the ball start counting from 0 again. – What's your score at the end of 2 minutes and what is the highest score you achieved during 2 minutes, can you go 2 minutes without dropping at all
- Stand 1 metre apart and perform 3 catches in a row. If achieved then take a step back each. Then perform 3 catches in a row again. See how far you can get apart

Individually

- Send and receive 10 times up to you chin, then nose, the top of head. Repeat doing it 20 times
- Send up, clap and receive. If completed, repeat but attempt 2 claps. Keep repeating trying to do as many claps as possible but not moving up a stage until previous stage is completed
- Send up, clap and receive. Send up, clap in front and clap behind and receive. Send up, clap in front, clap behind, clap under left leg and receive. Send up, clap in front, clap behind, clap under left leg, clap under right leg and receive. Send up, clap in front, clap behind, clap under left leg, clap under right leg, touch the floor and receive.