

Physical Activity Game



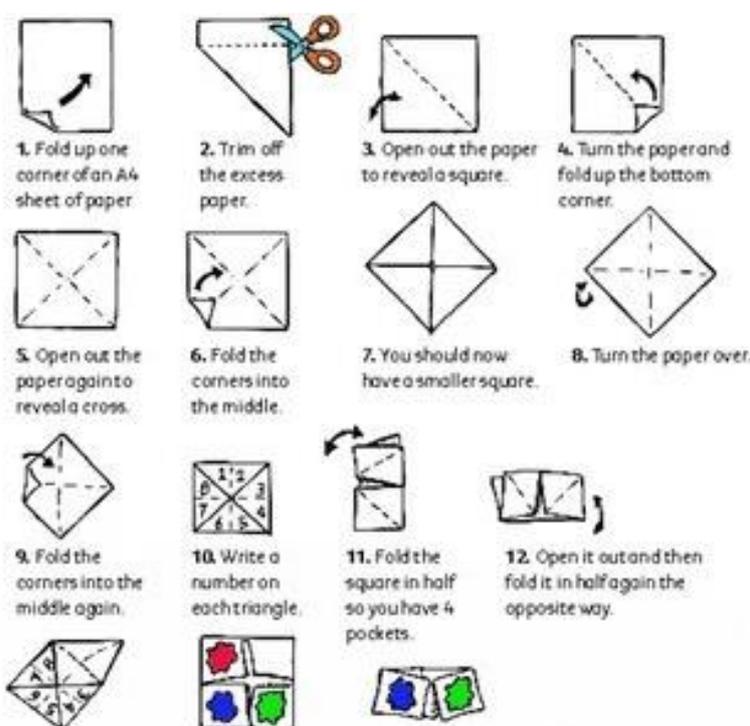
All you need is a die (if you don't have any dice you could draw the dots onto a wooden block or make a paper fortune teller instead – see below)

A small ball or something similar

Some space to move around



Instructions to make a paper fortune teller:



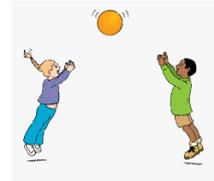
Write numbers on the colours (within the range your child can count) and numbers 1-6 inside the fortune teller (or higher numbers if you want to add on different exercises to the list on the next page).

Choose a colour. Count the number written on the colour as you open and close the fortune teller. When you reach the number which was written on the colour stop. Open up the fortune teller to find the number inside which corresponds to the exercises (1-6 - or higher). Follow the instructions on the next page for the exercises.

How to play the game:

Roll the dice/use the paper fortune teller and whatever number it lands on follow the instructions for each number.

Number 1 – Throw the ball to someone



Number 2 – skip round the room



Number 3 – Hop on your right foot 5 times then hop on your left foot 5 times (you can increase the number of times you hop each time if you wish)



Number 4 – Jump 10 times



Number 5 – Catch the ball with only your hands

Number 6 – balance on one leg and see how long you can do it for!



Can you make up your own exercises to do with the dice or add different numbers and exercises to the fortune teller?

Talk about how they felt after taking part in the exercises.

Was it easy?

Which exercise was the hardest?

What do they notice about their breathing after the exercise?

Can they feel their heart beating?

What are the children learning?

Experiences and Outcomes:

I am learning to move my body well, exploring how to manage and control it and finding out how to use it and share space. **HWB 0-21a**

I can describe how I feel after taking part in energetic activities and I am becoming aware of some of the changes that take place in my body. **HWB 0-28a**

I am developing my movement skills through practice and energetic play. **HWB 0-22a**

I am enjoying daily opportunities to participate in different kinds of energetic play indoors. **HWB 0-25a**

*I have explored numbers, understanding that they represent quantities, and I can use them to count, create sequences and describe order. **MNU 0-02a***

Skills:

Developing gross motor skills

Perform a range of actions such as balancing and jumping

Control body movement

Ability to follow instructions

Demonstrate good balance

K Hopkins