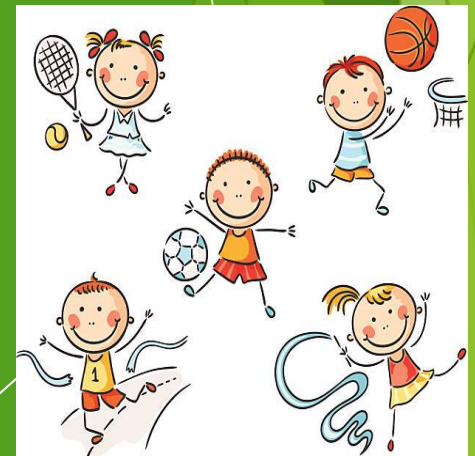




10 for...

Infant Home Learning 2

An assortment of active games & activities suitable for infant pupils.





All slides/cards can be printed in greyscale or black & white.

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These activities and many more available at [PEPASS - Wakelet](#).

Plus, search 'PEPASS Glasgow' on YouTube, Twitter and Instagram for more activities and further support.



3. Mirroring

Arms and Legs - The Same

What you do:

- Stand facing someone
- Together make the following movements, take turns to lead. (partner should be using the same leg or arm as you)
 - March in place, keeping your arms still
 - Stop
 - Wave your arms high
 - Stop
 - March in place & wave arms high at the same time
 - Stop
 - March forwards
 - Stop
 - March backwards
 - Combine the marching to make a short sequence (counting the steps helps)

The Opposite

What you do:

- Stand facing each other
- One person is 'A' and the other person is 'B'
- Move at the same time and agree when to stop and change roles
 - A - Walk in place, keep arms still ('B' does the same)
 - Stop
 - B - Stand still, wave your arms ('A' does the same)
 - Stop
 - A - Stand still, wave your arms ('B' does the same)
 - Stop
 - B - Walk in place, keep arms still ('A' does the same)
- Make up your own opposite actions



From Right to Left

What you do:

- Sitting in your chair, Can you make the following actions?
 - Right foot to left hand
 - Right knee to left elbow
 - Right leg over left leg with your left elbow on top
 - Right hand to the left side of the seat
 - Right hand along the front, to the left back leg of your chair
 - Right hand along the back, to the left shoulder
 - From left to right
- Do the same exercises, but now begin with the left.





4. Speed Bounce

Equipment

Something soft to jump over a rolled up blanket or towel a small cushion, a cuddly toy.

Side to Side Jumping Challenge

What you do:

How many times can you jump from side to side with your feet together in 20 seconds?

Count how many then see if you can beat that, or challenge your family.

Change and Challenge

An adult can help you practice getting two feet together by holding your hands as you jump.

20 seconds too easy? See if you can go for 30 seconds.



5. Circus Skills

The Big Circus - practise these circus skills

The lion tamer gives clear instructions and points with the stick, the lions sit up and stick out their paws. Maybe you could sit on a stool or chair

The tightrope walker balances carefully on the high wire. Can you make a wire with something? Skipping rope? Lines on the floor? Line of odd socks?

The rider performs tricks on a trotting horse.

The seals balance things on their nose & head.

The elephant takes heavy steps on all fours, slowly and carefully sits back on their hind legs.

The acrobats work together on their jumps and tumbles.

The juggler uses their hands and eyes to help throw and catch the paper balls.

What you do:

One person can be The Ringmaster and gives instructions for someone else to perform one of the circus actions (swap roles);

- Clown - climb the rope - use your arms and legs
- Snake - uncoil upwards
- Tightrope walker - make a half turn on one leg
- Seal - balance a ball on your nose
- Juggler - keep your eyes on the ball
- Rider - Can you use only one leg?
- Acrobats - Can you turn upside down?

The Living Room Circus

The living room circus offers a special programme.

What you do:

- Pulling funny faces
- Touching the tip of your nose with your tongue
- Wiggling your ears
- Rolling your tongue
- Winking
- Tricks with your fingers



6. Handy Hitter Game

TOKYO TEN | 東京10

A 10-minute activity to get everyone moving!

HANDY HITTER
どこでもボール | Dokodemo Bōru

Did you know?
Badminton will join
The Paralympic
Games for the first
time at Tokyo 2020.

A

B

C

Colour me in!

getset.co.uk/travel-tokyo

TEAM GB

TRAVEL TOKYO

LOTTERY FUNDED

SPORT ENGLAND

#TravelToTokyo

A. Personal challenge 1

Use a crumpled paper ball or a small ball then use the palm of your hand to hit it into the air. See how many hits you can do in a row

B. Personal challenge 2

Use both hands. How many times can you hit the ball between your two hands? Try to keep the ball at the same height with both hands

C. Pairs Challenge 1

Play with other people. How long can you keep the rally up? Practice keeping the ball high. Try using a different ball instead.

D. Pairs Challenge 2

Compete against a partner. Can you hit the ball or shuttle so your partner cannot return it?

E. Pairs Challenge 3

Use a chair or washing line as a net. Can you hit the ball or shuttle over the net?

Change and Challenge

- Play 2v2 and take turns to hit the object
- Use a bat or a book instead of your hand

- Can you hit the object higher?
- Can you run forward from a base line to hit the object
- Can you beat your score for hits in a row?

Equipment

- Crumpled paper ball or
- Small ball or
- Beach ball / Balloon or
- Badminton shuttlecock



7. Circuits

What you do:

- Clear a safe space in your house or garden.
- Complete the 5 activities with a minutes rest in-between each one.
- Can you perform each activity for 30 seconds without stopping?
- Repeat the circuit.

Change and Challenge

- Perform the activity for 45 seconds or 1 minute.
- Stop for only 30 seconds in-between activities.
- How many times can you complete the circuit?
- Add an exercise of your own
- Challenge someone else

1 - Star jumps



2 - Squats



3 - Jogging on the spot



4 - Press ups



5 - Hopping



8. Squirrel Scavenger Hunt

The squirrel starts at their nest, make this the start and finish of the game. Each squirrel is sent out to find an object hidden in the room / garden / house. The objects must be found one at a time and in the correct order.

As an example, items could be: Apple, Ball, Cup, Doll, egg, fishall placed or hidden somewhere individually. Each item must be returned in alphabetical order one at a time. Hide or place the items before the game starts.



Challenge

- How quickly can you find all the items and return them in the correct order?
- Can you make up a story that includes all the items?
- Have two of each item and race a friend

Change

- Move a different way each time e.g. side step, skip, on all fours, move like an animal.
- Use different items that the first letter can spell a word or your name
- Change to placing letter cards on the items you find
- Change to .. Can you find something 'soft' 'yellow' 'cold' 'reminds you of another country' etc

9. 60 Seconds Skipping Challenge

What you do:

- How many times can you skip using skipping ropes in 60 seconds?
- Count how many then see if you can beat that, or challenge your family.

Change and Challenge

- Jump one foot at a time?
- Jump both feet at the same time
- Criss-cross the ropes over with your hands as you jump through them
- Double-unders; jumping higher and letting the rope circle twice before landing
- Move forward, move back, turn in a circle
- Make up a combination of steps
- Use a song or a rhyme to skip too





10. Knee Tag game

What you do:

- Stand and face a partner about 50cm apart
- Each player holds their own knees - one hand protecting each knee
- Try to tag your partner's knees. You can only tag a knee when it is 'unprotected' - not covered by a hand.
- Remember your partner will be trying to tag your knees too!
- Play for 10 seconds to see how many tags each player makes.

Change and Challenge

- Tag one knee instead of both knees
- Sit down instead of standing
- Can you make more tags in the time?
- Can you play for longer without being tagged?

TOKYO TEN | 東京10

A 10-minute activity to get everyone moving!

KNEE TAG
膝タッチ | Hiza Tacchi

Did you know?
Tag is known as Onigakko in Japan and is a popular with children during school play time.

Tag!

Colour me in!

getset.co.uk/traveHokyo

TEAM GB
Paralympics
TRAVEL TOKYO
LOTTERY FUNDED
#TravelToTokyo



PEPASS

Physical Education
Physical Activity
School Sport

together inspiring success

11. Pots and Pans Penalties (Video)





12. What's Your Name?

A	Jump up & down 10 times	N	Pick up a ball without using your hands
B	Spin around in a circle 5 times	O	Walk backwards for 20 steps and skip to return
C	Hop on one foot 5 times	P	Walk sideways for 20 steps and hop to return
D	Run to the nearest door and run back	Q	Crawl like a crab for the count of 10
E	Walk like a bear for the count of 5	R	Roll like a pencil for the count of 5
F	Do 3 cartwheels	S	Bend down and touch your toes x 20
G	Do 10 jumping jacks	T	Pretend to pedal a bike with your hands x 17
H	Hop like a frog 8 times	U	Roll a ball using only your head
I	Balance on your left foot for the count of 10	V	Flap your arms like a bird x 25
J	Balance on your right foot for the count of 10	W	Pretend to gallop like a horse for the count of 15
K	March like a toy soldier for the count of 12	X	Try to touch the ceiling / sky for the count of 15
L	Pretend to jump with a skipping rope 12 times	Y	Walk on your knees for the count of 10
M	Your choice x 5	Z	Do 10 sit - ups

- Find a suitable space in the living room or garden
- This can be played with as many players as you like, both children and adults
- Use the Alphabet grid to create a sequence of actions that spell out your name e.g., BEN
B - Spin 5 times
E - Walk like a bear for 5 counts
N - Pick up a ball without using your hands.
- Choose a name for others to guess

Change and Challenge

- Spell your first name, middle name and surname
- Spell everyone in your home's name
- Make words to pick out of a hat and see who can spell it the quickest, this one can be done in teams.
- Players could answer a quiz or homework question by spelling out the answer