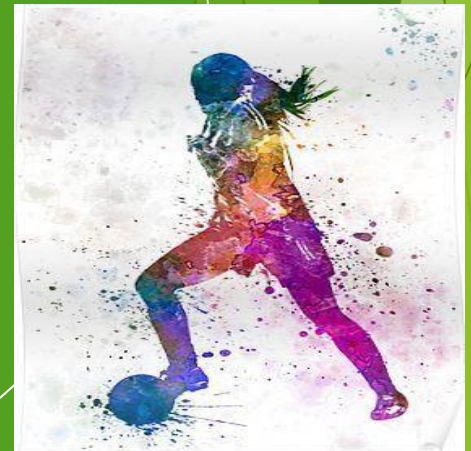
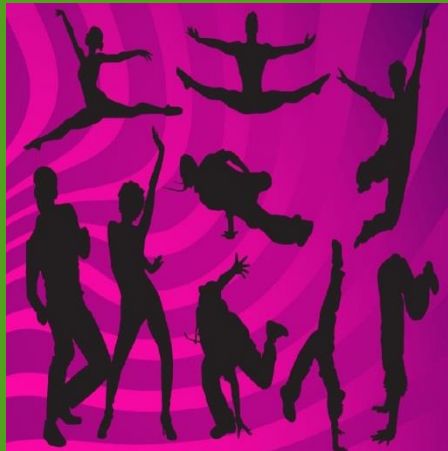




10 for...

Home Learning

An assortment of active games & activities suitable for a range of ages.





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

Slide	Contents	References & Links
3	Prepositions	
4	Sofa Serves	www.getset.co.uk/travel-tokyo
5	Alphabet Yoga	Images courtesy of © 2018 Kumarah Yoga
6	Number Run	
7	Beans on a Rainy Day	Early Level Connections P.E. resource (Card 35) South Lanarkshire Council
8	Messy Bedrooms	
9	Magic Shoes	Early Level Connections P.E. resource (Card 4) South Lanarkshire Council The Girl, The Bear & The Magic Shoes; Julia Donaldson The Gruffalo; Julia Donaldson Rumble in the Jungle; Giles Andreae
10	Active Noughts and Crosses	
11	Little Red Plane	Early Level Connections P.E. resource (Card 39) South Lanarkshire Council
12	Football Toe Taps	

These activities and many more available at <https://wakelet.com/@GlasgowCityCouncil>.

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

Prepositions



Using:

- Spots
- Marker Cones
- Hoops
- Carpet tiles
- Newspaper
- Book
- Anything on the floor

Children can practice preposition words in a practical setting. Further movement vocabulary could include; through, over, around, etc.



Sofa Serves

The Tokyo Olympics may have been postponed but here is a fun activity for you to do at home linked to the games.

TOKYO TEN | 東京10

A 10-minute activity to get everyone moving!

SOFA SERVES

ソファサーブ | Sofa sābu

Did you know?
The 1964 Olympic Games were the first to include volleyball and judo.

Colour me in!

Sign up to www.getset.co.uk for lots more fantastic activities

getset.co.uk/travel-tokyo #TravelToTokyo

Try something similar e.g. Tennis, badminton, table tennis, volleyball

What you do:

- One Player sits on the sofa (or bench if you are playing the outdoor version). This is the volleyers. The other players stand facing the sofa. These are the servers.
- Shout “play!”. A server taps the balloon with their hand, trying to get it past the volleyer to land on the sofa.
- The volleyer must stop the balloon from landing on the sofa by tapping it back with their hands. They are not allowed to stand up (unless you are playing the outdoor version).
- The servers keep tapping it back, as quickly as possible. As a team, they score a point each time the balloon lands on the sofa.
- Play for 2 minutes then swap positions so there is a new volleyer. Repeat until everyone has had a go at being the volleyer.

Change and challenge:

- Change the balance of volleyers and servers for each game eg 2 servers and 2 volleyers.
- Use 2 balloons at a time instead of one.
- Can you improve your previous score?
- Can you play in a bigger space?
- Can you change or add equipment, e.g. ball or bat?
- Make up your own rules and scoring.

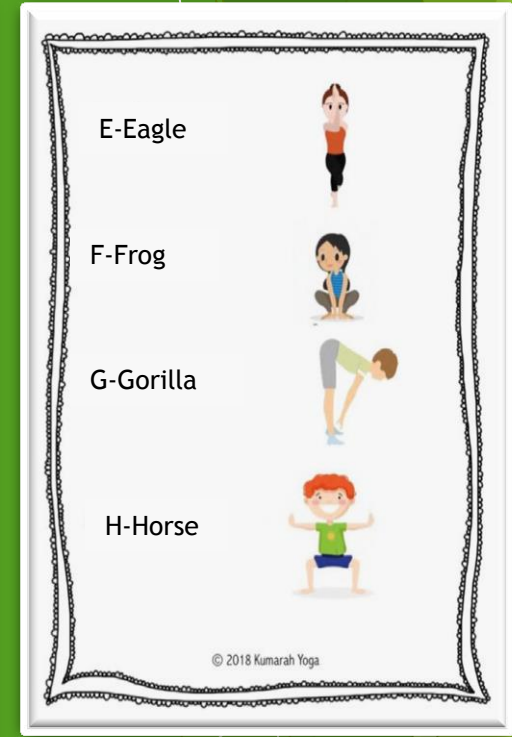
Alphabet Animal Yoga

What you do:

- Find a suitable space
- Grab something soft to place underneath you like a towel or blanket if you don't have a yoga mat.
- Start at the letter A and work your way through the alphabet. Try and hold each pose for between 15-20 seconds.
- Can you make your way through the entire alphabet?

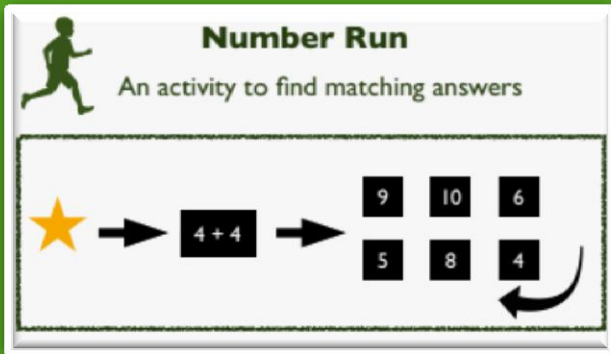
Change and Challenge

- Increase the length of time holding each pose - try 25-30 seconds if you can manage.
- Try and spell your name using the alphabet poses - what animals are in your name?
- Did you find out what animals are in your name? Great! Now, try finding out a fact about that animal and share it with your friends and family.



For printable cards, follow this link;
<https://wakelet.com/@GlasgowCityCouncil>

Number Run



What you do:

- Find a suitable space
- Write adding sums on several different pieces of paper
- Write matching answers on other pieces of paper
- Make a pile of sums in one place
- Set out the answers in another place
- Run from your starting place to the first set of sums
- Pick up a sum
- Run to the answers and pick up the matching answer
- Run back to the start and leave your first matching sum and answer

Changes and Challenge

- Subtraction, division or multiplication sums
- Pick up the answer first and then the sum
- Numbers first, then pick up the number that comes before and/or after
- Matching fractions and decimals
- Matching digital and analogue times
- Use shapes and number of sides
- Hop, skip, sidestep

Beans on a Rainy Day

LEARNING THROUGH STORIES & RHYMES: BEANS: RAINY DAY

I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space. **HWB 0-21a**
I am developing my movement skills through practice and energetic play. **HWB 0-22a**

35

Suggested Learning Intentions

We are learning to move energetically both on the spot and around the hall.
We are learning to listen to a story and respond to imaginative ideas

Related Success Criteria

I can control my body when moving energetically in a variety of ways in my own space
I can move safely around the hall without bumping into anyone
I can match actions to words in the story.

1.

In own space, practise the following on the spot:

Mr Runner Bean : jog on the spot

Mr Broad Bean : stretch out wide in a star shape

Mr Kidney Bean : lie in a curved shape

Mr Magic Bean : uncurl from low to high

Mr Mean Bean : stamp on the spot

Mr Chilli Bean : shiver and shake

Mr Jumping Bean : jump up and down

Black Eyed Beans – cover one eye and hop

Mr Butter Bean : slide along the floor

Mr Jelly Bean : wobble and wobble on the spot

Mr Super Bean : either show muscles or lead with one arm to fly like superman

Mr Microwave Bean – turn and 'ping' on the spot

Bean Casserole: all come together in middle of the hall.

2.

As above, but travelling around the hall into all the spaces where appropriate.

3.

Listen to the story and respond in movement when children hear the name of the particular bean.

Beans Story 3 : The Rainy Day

It was a wet and windy afternoon but **Mr Runner Bean** decided to go for his usual jog in the park. He loved running in the rain. He was just getting ready when the doorbell rang. There on the doorstep were his two friends **Mr Kidney Bean** and **Mr Magic Bean**. 'Hello' said **Mr Runner Bean**, would you like to come for a jog with me? 'Of course we'll come' they replied, and the three friends jogged off to the park. On the way they saw **Mr Jumping Bean** splashing in the puddles, and **Mr Broad Bean** trying to step over them! **Mr Runner Bean** and his friends waved and kept on running. In the park they spotted a rather soggy **Mr Butter Bean** who was slithering and sliding on the muddy grass, **Mr Jelly Bean**, who was wobbling so much he could hardly stand up and **Mr Black Eyed Bean** who was hopping up and down at the edge of the pond. 'Help' they shouted, **Mr Chilli Bean** has fallen in the water and is wet through.' **Mr Runner Bean** jogged over to help, but before he could reach them **Mr Super Bean** appeared and pulled **Mr Chilli Bean** out of the pond. 'Oh thank you, thank you **Mr Super Bean**', they all shouted. Please come back with us for tea. **Mr Microwave Bean** will have some warm food ready for us when we get home. So **Mr Runner Bean** led the way back out of the park, down the street, in through the garden gate, up the path, in through the door, into the kitchen and sat down at the table in front of a big bowl of..... delicious **Bean Casserole**!

Messy Bedrooms

What you do:

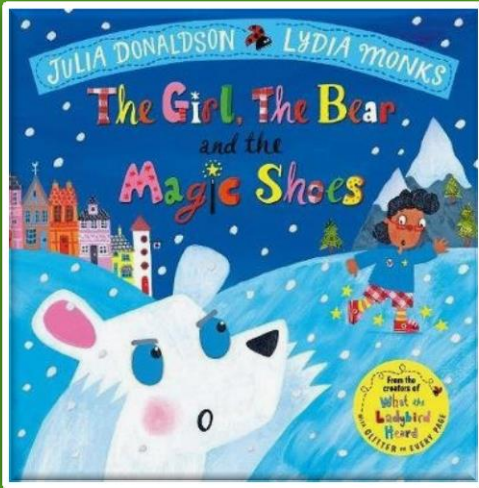
- A game to play with another family member
- Grab a pile of soft toys, paired socks
- Divide the toys, socks equally between you both
- Find a suitable space in the living room or garden.
- Divide the space in two, perhaps with a dressing gown belt, to create your own "bedroom" space.
- Spread your toys / socks around on your "bedroom" floor
- Double check you have the same number.
- On the count of 1,2,3 and for the next 30 secs you can throw your toys from your bedroom into the other bedroom.
- Only ONE toy at a time and only throwing at the floor, not at faces!
- After 30 secs are up then count the number of toys on each of your bedroom floors.
- Whoever has the least number of toys has the tidiest bedroom and is the winner.
- The best of three is overall winner!

Change and Challenge

- Increase the length of time you can "tidy" your bedroom floor
- Make the area of your bedroom floor larger
- Increase the number of toys
- The "loser" has to do a chore around the house!



Magic Shoes



Using a book like the one above can develop a simple activity and encourage IDL links developing fundamental movement skills in a fun and inclusive way.

1.

TRAVEL THAT SPACE!



Magic Shoes

Sit on a spot to put on your magic shoes which then make you do different things around the hall. Return to your own spot each time to change your shoes.

Magic wellies - jump and stamp

Magic slippers - tip toe softly and quietly

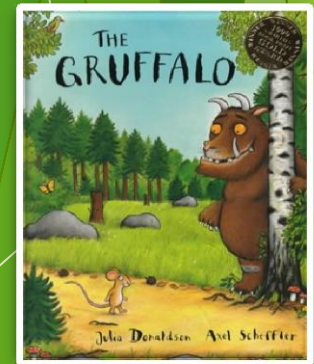
Magic trainers - do your exercises

Magic football boots - jog with high knees, jump and head the ball.

Place spots or markers around the hall.

Encourage the children to choose their own 'magic shoes'.

Other Examples that work well



Active Noughts and Crosses

What you do:

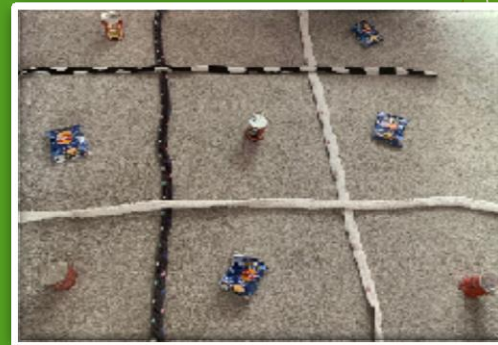
- Find a suitable space in the living room or garden.
- Set out a noughts and crosses grid by using paper, twigs, rope or any suitable items from around the house.
- This is a two player game, one player is noughts (o) and one player is crosses (x). These pieces could be made during arts and crafts time or find an alternative object (For example toy, cars, teddies, crisps packets).
- When the game starts each player takes turns of placing one item on the grid then return to their start point. The winner is the player who gets three items in a row on the grid first.

Change and Challenge

- Increase running distance
- Add an exercise in between each item E.g. star jumps, sit up, press ups.
- More than one person can play in each team.
- Add a football or basketball dribble to the run.
- Players could answer a quiz or homework question after placing down each counter

Top Tips

- Keep an eye out on where your opponent places their counters
- The faster you run the more counters you can place.



Little Red Plane

LEARNING THROUGH STORIES & RHYMES: LITTLE RED PLANE

Little Red Plane

All aboard calls the little red plane,
Start my engine crank it up.

All aboard calls the little red plane,
See my blades turn slow then fast.

All aboard calls the little red plane,
Race to take off high above.

All aboard calls the little red plane,
Tilt my wings as around I fly.

All aboard calls the little red plane,
Low to land and wave goodbye.



What you do:

- Read 'Little Red Plane'
- Follow these actions -

'All aboard calls the little red plane'

= Fly in curved pathways, arms straight out.

'Start my engine crank it up'

= On the spot link fists together and make big circular movements with both arms.

'See my blades turn slow then fast'

= Hold arms out at shoulder height. Bring your arms down, cross in front of your body and then take them above your head and open out. Your arms gradually get faster.

'Tilt my wings as now I fly'

= With aeroplane arms tilt to left and travel around in a circle. Repeat to the right (loop-the-loop).

'Now land and wave goodbye'

= From stretched up position gradually land leading with your arms/hands to the floor and finish in an aeroplane shape on tummy with your arms stretched out to the sides.

Football Toe Taps

How quickly can you tap a football with your toes?

This is great for fast feet and agility!

What you do:

- Find a space - indoors or outdoors.
- Use a larger ball such as a football.
- Tap your toes on the ball one foot at a time - left, right. Try and keep ball in same place. Try and touch it lightly with sole of your feet.
- Make sure you look at the ball and keep good balance. Once you get used to the technique try & increase speed!

Challenge

- How many taps can you do in 30 seconds alternating right foot and left
- How quickly can you reach 30, 40, 50 toe taps



Adaptations and tips

- If you don't have a football then you can use a step
- Very lightly touch the ball with your toes and keep going. Lightly touch it with the sole of your feet
- Try not to move the ball but make sure you have some space and the area is clear. Your feet and the ball should stay in the same space.

Good Luck!