

# EYFS

## Ahoy Mateys!

Pirate's hate to get their feet their feet wet when they go to collect treasure on islands! Pretend you are a pirate who has come to collect buried treasure.

Spread treasure across the floor. Use toys and socks as treasure.

Using two objects (for example, cushions) can you move without touching the floor, picking up the treasure and returning it to your starting point?

If you touch the floor you must drop the treasure and start again



# Year 3 and 4

Roman soldiers had to stay on the move at all times in case of an attack! **Can you keep moving through these exercises?**

## **Keep on moving!**

**Place 3 pairs of socks, 3 cushions and 3 toys in different places on the floor around your living space/garden. You need to move around the space in a creative way** – For example you could be shuffling, lunging or doing a side step.

When you reach a pair of socks you jump 10 times.

When you reach a cushion you hop 10 times.

When you reach a toy you jog on the spot and count up to 10.

Can you think of your own movement ideas? Can you move at different levels?

How many times can you complete the circuit?

**Remember to warm up first** Warm up by running on the spot for 30 seconds then doing 10 star jumps, run again and then do 10 squats, run again and then sprint on the spot and count down from 10.

# Year 1 and 2

In Charlie and the Chocolate Factory, the Oompa Loompas move in very strange ways, sometimes skipping and jumping or even hopping!



## Across the line

Create a range of lines on the floor – you could use skipping rope, string or old pieces of fabric. Can you get across all of the lines, hopping, skipping and galloping without touching the lines?

How fast can you do it? Try timing yourself! Can you think of any other ways to get over the lines – maybe lunging?

**Remember to warm up first:** Warm up by running on the spot for 30 seconds then doing 10 star jumps, run again and then do 5 tuck jumps.



# Year 5 and 6

The next Olympics will be held in Tokyo!

**Can you complete your own triathlon at home?**

**Remember to warm up first:** Warm up by running on the spot for 30 seconds then doing 10 star jumps, run again with high knees and then do 10 squats, run again flicking toes forward then sprint on the spot and count down from 10.

## **TV Triathlon!**

**Step 1:** As you are watching TV, take part in an indoor triathlon – swim, bike, run.

**Step 2 \$WIM:** Stand up or sit on the sofa. Pretend to swim using breaststroke. Keep going for 60 seconds.

**Step 3 BIKE:** Lie on your back on the floor. Raise your legs and pretend to cycle. Keep going for 60 seconds.

**Step 4 RUN:** Stand up and march or run on the spot. Keep going for 60 seconds.

**Step 5:** Repeat the whole sequence. See if you can keep going for 10 minutes.

## **CHALLENGE YOURSELF!**

Can you move faster? Can you make the movements bigger? Can you last longer than 60 seconds for each part of the triathlon?

