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| WAKE UP! SHAKE UP!  **Jumping and Hopping**  In and out of hoops/shapes drawn on with chalk  Play hopscotch games – chalk  Repeat patterns –jump and hop, jump and hop | **Brilliant Ball skills**  Roll and retrieve – get into different seating positions, push along table – hand/straw  Use a medium sized and small ball, **practice counting too** | **Balance Beams** Put masking tape on floor— walk forwards, backwards, or on tiptoes. Make shapes with tape, play music instruct them to run to shape when music stops Masking tape | **Family Active Play**  Musical statues/Musical chairs to your favourite beat!  All the family can join in! |

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| WAKE UP! SHAKE UP!  **Garden Yoga**  Body Core work/repeat each movement 3 times  See u tube – Cosmic kids yoga | **Brilliant Ball skills**  Move ball around your body/pass-throw with two hands, look at your partner, count  Use a medium sized ball | **Beautiful Balance**  On two feet – stand on tiptoes/one foot for 5 seconds.  Tightrope walking – draw (chalk)two parallel lines to walk through getting narrower each time as balance beanbag/cushion on head | **Family Active Play**  **Hide and Seek**  Family fun for everyone! Hide indoors or outdoors… Take turns to count and hide around the house |

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| WAKE UP! SHAKE UP!  **Obstacles (see ideas overleaf)**  Set up mini obstacle courses at  home to encourage children  to move in different ways using different body parts | **Brilliant Ball skills**  Move ball around your body Learn to bounce and catch- a little tricky  Use a medium sized ball | **Balancing Beanbags/Stuffed Sock/Soft toys**  Beanbag on head, walk….stop/ walk sideways (crab)/ walk backwards. Challenge: Beanbag on foot, flick up and catch | **Family Active Play - Balloon Fun!** Moving around, keep the balloon up using all body parts/ back of hand (other behind back)All the family can join in! |

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| WAKE UP! SHAKEUP!  **Wonderful Walks** Indoors or outdoors walk forwards, backwards, sideways, small steps then giant steps, fast & slow steps | **Brilliant Ball skills**  Practise all 4 skills above.  Ball Challenges. Throw and catch ball. How many times can you bounce the ball? Or try catching a balloon? | **Throw a Beanbag/Stuffed Sock** Throw beanbag as far as you can under arm run to retrieve it  Throw beanbags into hoop or drawn target ext distance**.** | **Family Active Play**  Chasing and energetic games  Beans game/Traffic lights/Stuck in the Mud  All the family can join in! |

***Wake Up! Shake Up!***

Warm up those Muscles

* Stretch up tall and touch your toes (x5)
* Jog on the spot for 30 secs
* Jump up and down 5 times
* Star jumps (x5)

***Garden Yoga*** Pretend to be:

***A Tree-*** stand on one leg, bend other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze, repeat on other side.

***A frog-*** squat down with knees apart and arms in between. Touch hands to ground and jump like a frog.

***A seed-*** sit back on your heels, bring forehead down to rest on floor.

***A butterfly-*** Sit on your bottom with a tall spine, bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

***A flower-*** Lift your bent legs, balancing on your bottom, weave your arms under your legs, palms up.

**Obstacles**

Build an obstacle course with small items for your child to step over and soft cushions for your child to step on. You may wish to draw chalk lines on the pavement for your child to follow, and pretend they are walking a tight rope.

**Animal Moves**

Get onto the ground and pretend to slither like a snake, creep like a cat, hop like a frog, roar like a lion etc. When your child becomes familiar with the movements take it in turns to call out and move like an animal.