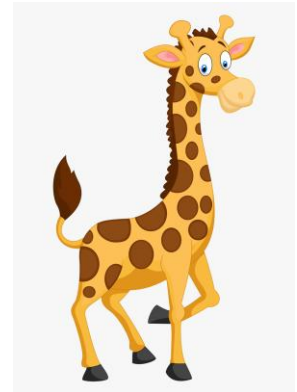


# Physical Activity Ideas

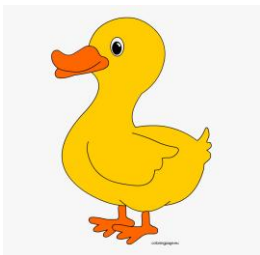
## Animal Walk

Take turns to choose an animal to be. Are you going to walk tall on your tip toes like a giraffe, slither on the floor like a snake or walk on all fours like a cat, don't forget to stroke your whiskers!



## Musical chairs

If you have space, move some chairs into the middle of the room. Play your favourite music and walk /dance around the chairs. Take a chair away, stop the music and sit on the chair closest to you. Whoever doesn't have a chair is out



## Duck, duck goose

One of nursery's favourites! We don't need to explain how to play this one... Your child can teach you!

## Dance Party

Play your favourite music. You could also play musical statues too!



## Obstacle course

Create your own obstacle course using the things you have in your home. You could crawl under the table, climb over the chair, do a forward roll on the rug.



## Bowling

Fill some water bottles to be the pins and put them in a line near a wall. Roll a small ball along the floor to try and hit them.

## Follow the leader

Moving around your home and do different activities like jumping, skipping, crawling and stomping. Take it in turns to be the leader and follower.

## Balloon Fun

If you have a balloon, blow one you and see how long you can keep it in the air. Don't forget to move anything that can be broken first!



## Cosmic Kids Yoga

Click on the website below and find lots of themed fun yoga including books and films

<https://www.youtube.com/user/CosmicKidsYoga>

There are lots of online kids workouts here are a couple of our favourites –

Superhero 5 minute workout

<https://www.youtube.com/watch?v=cvMbkw2572k>

Banana, Banana Meatball

<https://www.youtube.com/watch?v=BQ9q4U2P3ig&t=73s>