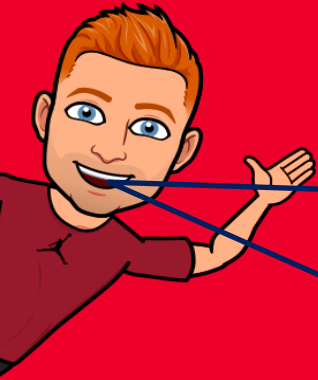


Home Learning Activities – Games



Hi everyone! Hope you are all keeping well and staying active at home.

This week's learning is below for you to have a go at. I really loved playing the noughts and crosses game. Can you beat an adult or sibling?

Share your pictures and videos with us @LittleSportsCoaching

Noughts and Crosses (O and X)

- Use black and white balls of socks (Use other colours if needed)
- Find 9 markers as the grid e.g. cushions or folded towels
- Play 1v1 or 2v2 or more
- One person runs with a black/ white sock and place it on the marker
- Next person runs with the other colour sock and place on another marker
- Winner is the one with three of the same colour socks in a row



Upside down right-side up

- Layout objects; teddy bears, cones or toys across the space making sure they are all upside down.
- On 'go' how long does it take to turn all the objects the right way up?
- What could you do to get quicker and beat your time?
- Play against an adult or sibling. Who can turn all the objects around the quickest?

Home Learning Activities – Games

Keep on moving

- Place 3 pairs of socks, 3 cushions and 3 toys in different places on the floor around your living space.
- Can you move around the space in a creative way?
- When someone reaches a pair of socks they jump 10 times.
- When someone reaches a cushion they hop 10 times.
- When someone reaches a toy, they jog on the spot and count up to 10.
- Can you think of your own movement ideas? Can you move at different levels?



Treasure Chest

- Place the 10 treasure items: socks, shoes, small toys at one end of the room, known as the treasure chest
- Run and collect an item and return it back to the start as quickly as possible.
- How many items can you collect in 60 seconds?
- Can you race against someone else to see who can collect the most items?

Wacky Races

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet? Can you move backwards?
- What is the quickest way of moving? What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?

