**PE Activities EYFS & KS1**

**Dance with a scarf, balloon**

play some funky music and let the child move freely with a scarf/balloon:

fast, slow, up, down, throw, catch, pass from hand to hand, pass from han to hand between legs...

Encourage stretching up/ down, sideways, to each leg, to the ceiling...

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**Aiming skills**

Put cups randomly on a floor/table.

Get a round object and roll/throw/push at the cups.

Count the points. Set it all back up.

Build a tower out of cups.

Throw at the tower to destroy it.

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**Bowling Skills**

Set up any bottles or tall objects.

Throw/kick/roll/push a ball (or any round object) to knock the bottles down.

Count the points.

Set them back up.

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**Throwing skills**

Get any containers (big and small).

Get any objects, even folded socks, ant throw them into containers.

Put containers closer/further to challenge.

Can you match socks colours with containers?

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**Exploring objects**

Make a glove balloon.

Throw it, catch it, balance it on any lid.

Put water/flour in a balloon.

Manipulate it, squeeze it, throw, catch, aim at targets (frying pans, containers, boxes...).

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**ONLINE YOGA/MOVEMENT/Stretches**

YOGA ON THE FARM

https://youtu.be/YKmRB2Z3g2s

MOVE AND FREEZE ACTION SONG

https://youtu.be/388Q44ReOWE

COSMIC YOGA

https://youtu.be/2aje33UPixE

ANIMAL YOGA

https://youtu.be/4ffsxj4T8DI

INSECTS YOGA

https://youtu.be/oYI0TPJOuGk

JUNGLE YOGA

https://youtu.be/C4CaR0syf1g

JUNGLE ADVENTURE

https://youtu.be/FOgHL7Of3js

STRETCHING CARDS

https://www.twinkl.co.uk/resource/t-mov-339-twinkl-move-pe-ks1-stretches-cards