**PE and Physical Development Activities during Lockdown**

**These activities can all be done indoors or outdoors!**

**Ball Games:**

* **Guided ball discovery:** Find different ways of making your ball move. <https://www.earlymovers.org.uk/activities/guided-discovery-ball-activities>
* **Target practice**: lay out targets (e.g. a cushion, pillow, box, bucket, piece of clothing) for your child to aim at. Play by throwing/rolling/bouncing balls, beanbags, rolled up socks or soft toys to try to get as close to the target as possible. Vary the movement to make it easier or harder, e.g. closer to/further from the target, stand/sit when throwing, use a ramp to roll, use a different hand, throw under/over arm. <https://www.bbc.co.uk/tiny-happy-people/throwing-game/z64t6v4>
* **Skittles**: use empty bottles/cardboard tubes/books as skittles, and roll a ball or rolled up socks to try to knock them down. Stand closer to make it easier, and further away to make it harder. Use a ramp to roll the ball down. <https://www.bbc.co.uk/tiny-happy-people/homemade-skittles/zjq6xyc>
* **Pass & Catch:** use a ball or soft toy to practice passing and catching. Vary the pass to make it interesting – high, low, further apart, closer together. Try using a bucket, bowl, net or bag to try to catch the item. You could also try rolling the ball to each other across the floor or down a hallway, or maybe try with some equipment like a hockey stick, cricket bat, cardboard tube or tennis racket!

**Strength & Mobility:**

* **Climbing & Balancing**: use different equipment (chair, bench, climbing frame, railings, paving stone, tree, family member) to practice climbing and balancing. Try to set up a circuit for your child to follow so they don’t touch the floor. Ask your child to copy your movements so they can see how to do each one. Balance on one foot (lift the other off the floor, assist your child if needed), balance on both knees, one knee, your bottom, tummy etc. Practice balancing on the floor, as well as on the equipment. Challenge the family, and try to hold each balance for three seconds or longer! <https://www.bbc.co.uk/bitesize/topics/zps9wmn/resources/1>

**Movement:**

* **Dance party**: use music of your choice to move around indoors, or outdoors, and get your heart pumping! <https://www.bbc.co.uk/tiny-happy-people/have-dance-party/z7t992p>
* **Animal Actions:** Move around like different animals. <https://www.earlymovers.org.uk/activities/animal-actions>
* **Over & Under**: using a ball or soft toy, call out directions for your child to follow, i.e. ‘Over’ so your child places the object on their head. Model the movement so they understand what is expected. The whole family can play! <https://www.bbc.co.uk/tiny-happy-people/over-and-under/zfdsnrd>
* **Balloon/Scarf Juggling:** use balloons, scarves or other light fabric (e.g. a muslin) to practice throwing them into the air and catching/juggling. <https://www.earlymovers.org.uk/activities/balloon-catch> <https://www.bbc.co.uk/bitesize/topics/znfkjxs/resources/1>
* **Bubbles:** catch, chase or pop the bubbles. <https://www.earlymovers.org.uk/activities/bubble-blowing>

**Useful links for Family Activities and other ideas:**

* <https://www.bbc.co.uk/tiny-happy-people/nursery-rhymes-and-songs-collection>
* <https://www.bbc.co.uk/tiny-happy-people/activities/zjh8hbk>
* <https://www.nhs.uk/change4life/activities>
* <https://www.oneyouhounslow.org/move-more/> (Scroll down to ‘Activities for Children & Families’)
* <https://www.earlymovers.org.uk/>
* <https://imoves.com/imovement-signup>
* Sticky Kids Youtube Channel - <https://www.youtube.com/channel/UC4u3fUr5gb7MrMLzj6jJ2UA>