

EYFS games pack!

Please help your children to move as much as possible outside of School!

In this pack you will find some games that we'd love you to play with your little superstars. We've found that children who are really active in EYFS build a physical foundation to help them flourish as they grow older. These games will help your child develop essential fundamental movement skills.

Regular physical activity helps children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing various health conditions.

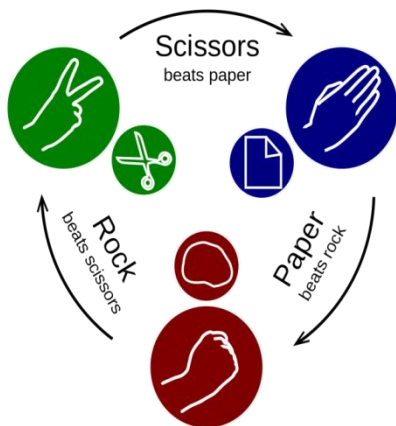
I hope you have fun playing these games with your little ones, I know they will love it if you try them!

Mr. Sigley, Newman Catholic Collegiate P.E Specialist



Rock, Paper Scissors – Work!

- Play Rock, Paper, Scissors against someone.
- Whoever wins decides a forfeit for the other person – Jumping Jacks, Shoulder touch press ups etc!
- If you win 3 in a row you can also make the loser do an animal impression!



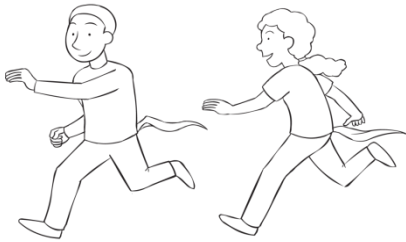
Rock, Paper, Scissors – Chase!

- For this game you'll need to figure out where the middle of your playing area is.
- This time you play Rock, Paper, Scissors but whoever wins chases the other player and tries to tag them!
- Put a gap in between you to start with
- Decide on a safe zone – this is a place if you reach you can't get tagged!



Sumo Tail Tag!

- Mark out a circle pitch in your playing area.
- Each player must tuck a bib/t-shirt/tea towel to make a tail. The tail needs to be tucked into the side of your shorts/trousers.
- Without leaving the circle, one player has to attempt to pull out their opponents bib to win! (You will be attempting to do this to each other at the same time)
- You are not allowed to touch your opponent – you can only touch their ‘tail’.



Spider Man Tag!

- Make out a circle or square pitch in your playing area.
- This time you will need to scrunch up a tea towel or t-shirt
- Spiderman shoots webs to catch the bad guys and in this game you will too!
- After you shout go you have to try and throw your web at the other player before they hit you with their web!
- Move fast and dodge side to side – this game works well with lots of players too.



Scarf Swap!

- Stand facing your team mate holding a scarf each. Or something light that will fall slowly.
- Both players have to throw their scarf into the air and run and catch the other persons scarf.
- Each time you do it take a step back and try it from further away
- Make sure to make a note of your record so you can try and beat it next time!

As fast as FLASH!

- For this game you will need two tennis/bouncy balls.
- Once person holds out their arms holding a ball in each hand.
- Without telling the other person, drop a ball.
- The challenge for the 'catcher' is to catch the ball before it bounces twice!
- If you manage to catch the ball 3 times in a row, take a step back and try it from further away!



The Coconut Shy!

- Find a sensible place to play, some soft targets to aim at & grab a ball. Try and place these targets at a variety of heights to test your skills. Maybe you could use teddy bears?
- Decide on how many goes each you have and take it in turns to see who can throw the socks and knock over the most targets.
- After each attempt to hit a target you must run up and down your playing area 3 times!
- To make it harder – use smaller targets or move further away!



The Clap Game!

- This game is really simple. You'll need something to catch a tennis ball, bean bag or some rolled up socks.
- The aim of the game is to throw your object into the air and to see how many times you can clap before catching it!
- If you don't catch it, the claps don't count!



Sock Dodgeball!

- Roll up as many sock balls as you can and organise two teams at home. It could be 1 v 1, but the more the merrier!
- When you know where you will be playing place all of the sock balls in the middle of the area. The players then stand at opposite sides of your playing area and run into the middle to collect their ammunition!
- When one player has been hit by 5 sock dodgeballs they are out! When all players are out on one team they lose!
- If a sock dodgeball hits you in the face it doesn't count – so don't aim high!
- Try and stick to the rules – but the two most important things for this game is that your heart beats faster and you face is smiling!



The Medal Challenge!

Set yourself 3 targets I.e – 1 minute = Bronze, 2 minutes = Silver, 3 minutes = Gold.

You have to start running and once you have to walk/stop that's wherever you have reached. Get yourself a stopwatch and see which 'medal' you can manage!



Head, Shoulders, Knee's & Cone!

- You will need at least 2 people to play this game. It doesn't have to be a cone, it can be a soft toy or a pillow
- One person calls out body parts or actions, whatever is called out you do or touch.
- If at any point the caller shouts out 'Cone!' it is a race to see who can grab it first!



The Bridge game!

- You'll need at least two players. One bridge and one person to go under the bridge.
- The bridge puts their body in a press up position, the other person crawls underneath the bridge then runs round and goes back under. See how many times you can do it in one minute.

Some more useful tips!

- Cosmic Kids Yoga on Youtube
 - Google 'Ten minute shake ups'
 - National Trust Staffordshire
 - BBC Sport Super Movers
 - The Body Coach
 - GoNoodle
-
- Fresh air and any sort of movement with any piece of equipment will have a positive impact on your child both physically and mentally (Ball, Bicycle, Scooter, Climbing frame, Slide, Bean Bag, Rolled up sock, hoop etc)