



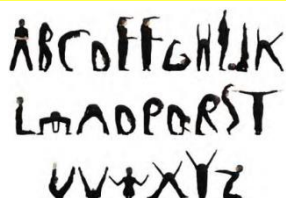
Goal! (This activity should only be carried out with members from your own household)

- Mark out an area for a goal and split into 2 teams strikers and fielders (team size does not matter)
- The striking team must take it in turns to get the ball into the goal. Try different methods- underarm throw, kick, over arm throw, chest pass.
- The fielders must guard the goal and try to prevent the ball getting passed.



Throw and Catch

- Throw the ball at a wall and catch it 2 handed. Then try 1 handed. Can you hit the same spot on the wall each time? You can vary this by increasing distance from the wall or reducing the size of the ball.
- Throw the ball at a wall and catch in in a bucket or a box. Try letting the ball bounce on the floor once before catching.



Dancing letters

- Use your whole body to make different letters
- Spell out different your name and other different words
- Try it lying on the floor
- Can you communicate a whole sentence using just your body?



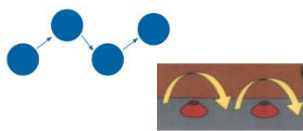
Math Sticks

- Collect as many different sticks as you can of different lengths. (If indoors, you could use straws or strips of paper)
- Name and make as many mathematical shapes as you can
- Make a fraction frame. Lay 1 long stick down, then can you find 2 sticks to show halves? What other fractions can you find?
- Make a street scene out of your sticks



Footsteps

- Draw around your feet. One represents the past and the other represents the present.
- Decorate and fill each foot with words or drawings about their thoughts and feelings in relation to their past and the present
- Reflect on what has been drawn and written with a family member.



Obstacle course

- Set out markers the same as in the picture.
- Weave in and out of the markers and jump over the last 2.
- How many times can you complete this in 30 seconds? Challenge a family member
- Add more obstacles to make it harder



My Home is a Museum

- Gather a selection of treasured objects
- Write a small description or talk with a family member about why they chose them.
- Create a poster or a video advertising your home museum
- Take photos, make collages or sketch the different items that are in your "museum"