

Activity 1 – Exercise circuits

Create an indoor or outdoor circuit

What to do

- o Set up the circuit: this can be done together or set out in advance.
- o Go around the circuit together, deciding or explaining what movement will happen at each station and how many times/for how long.
- o Start the circuit – several family members can take part at once, each at a different station.
- o Music can be used to add energy to an indoor circuit.
- o *Example stations:*
 - i) 5 jumping jacks on the trampoline
 - ii) 5 runs around the washing line
 - iii) Sit on a cushion for the count of 20
 - iv) Throw 5 beanbags into a box
 - v) 5 skips with the rope
 - vi) Crawl under the broom balanced between two chairs

Extension

Set novelty challenges – e.g. how slowly/fast/small/big can you make each movement? Can we do it at double speed? Can you set up a circuit for the family next time?

What you need

Things that can mark out different stations in the circuit: e.g. hula hoop, cones, chalk drawn shapes on ground, carpet square/small rug/foam squares, cuddly toys
Small active equipment: e.g. ball, bat, skipping rope, bean bags



A circuit is a set of different exercises performed with short rest periods between for a set number of repetitions/a prescribed amount of time. For young children, moving to a different place (or station) for each exercise helps them understand the process

Questions to ask

How does it feel when we exercise?
Which parts of our bodies are we using?
How are we getting better at each station as we practise?
What other stations would be fun?

Activity 2 – Drawing and painting

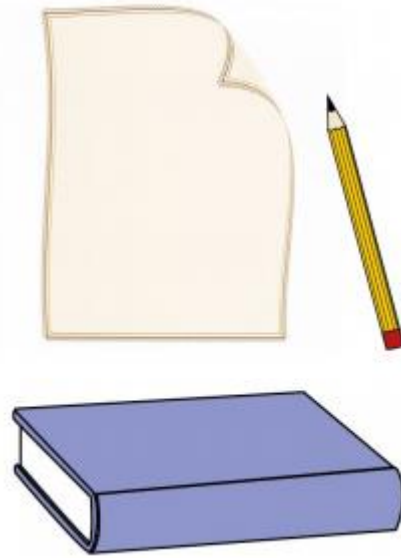
Draw your home

What to do

- o Ask your child to shut their eyes and imagine what their home looks like from the front
- o Ask them to draw what they imagined – describe the building they have drawn – is it really like their house?
- o Go outside if you can and compare the picture with your home (or use a photo or Google Street View). Compare window numbers, door position and roof shape. What other features can you see?
- o Either outside or with a photo, work together to sketch the front of your home. You can add lots of details and colour.

What you need

- Paper
- Pencils and/or pens
- A clipboard or hard back book to lean on



Extension

Draw a different house front which you can see from your window
View a famous building (or family home) which you cannot physically visit using <https://www.instantstreetview.com/> (Try Buckingham Palace for example). Draw this building

Questions to ask

- Can you shut your eyes and imagine what our house looks like if you stand outside?
- How many windows do we have/ doors/ chimneys?
- What shape is our roof?
- What other details can you see?
- How big are the windows compared to the door?

Activity 3 – Junk modelling

Make something from recycled materials

What to do

- o Set up the construction materials.
- o Explain the task clearly. They will build something using the materials collected – look at and handle them. Discuss what the different materials could be used to make.
- o Talk about ways to fix the parts together, without instructing, e.g. masking tape will hold parts together for a while but sticks straightaway, glue takes a while to dry but holds longer
- o Give plenty of time for experimenting. The process is more important than the finished product

What you need

Any clean packaging – cereal boxes, tubes, plastic drinks bottles, cartons, pizza boxes, egg boxes, takeaway containers
Fixing materials – sticky tape, masking tape, PVA glue, elastic bands
Decorative elements: foil, ready mix paints, card, paper
Scissors, felt pens



Extension

Write labels for the different parts of the craft.

Questions to ask

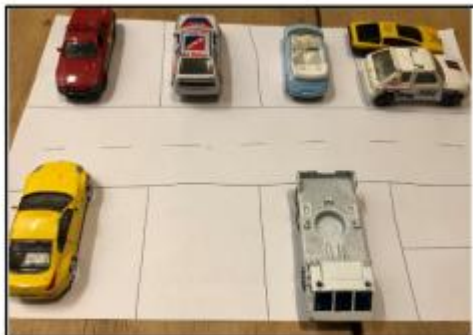
Tell me about your model. What does each part do?

What makes your model strong?

How did you fix the materials together?

Activity 4 – Create a road system

Make a road that we can use with our toy vehicles...

<p>What to do</p> <ul style="list-style-type: none">o Take your cardboard and lay it flat.o You are going to create a long road using several pieces of road drawn on white paper. You will stick these on to the card.o On white paper draw a road.o On another piece, draw another road the same width. Repeat this.o Stick the pieces of road so they touch and together make a long road.o Now create some more road so that you can have a crossroads.o Maybe make a roundabout?o How about a T junction?	<p>What you need</p> <p>Cardboard pieces which will lay flat, white paper, glue or paste, fat felt-tips or paint</p> 
<p>Extension</p> <p>Add road signs and road marking.</p> <p>What signs are written on the road? E.g. STOP</p> <p>What road signs do you know?</p> <p>What letter indicates a car park?</p>	<p>Questions to ask</p> <p>What marks go down the middle of the road? How can we draw these?</p> <p>Where do the roads go? Can we draw houses? Shops? Maybe a swimming pool? Or somewhere to eat?</p>