

EYFS - Home Learning Physical Activity Ideas

1. Set up **a balance beam**, inside or out, and walk along it. Who can make it across? Be as creative as you want when setting up your balance beam.
2. Lay out a selection of **paper plates and jump** from one to the next. Play a 'hot lava' game.
3. Make **roads to drive along**, run along, whatever, inside or out. Tape works well, so does chalk!
4. Play a round of **balloon badminton**.
5. **Pop the bubbles** children jump as high as they can to pop them.
6. **Play body parts**. Children are to jog on the spot if indoors or around the garden if outdoors. Adult or child shouts out a body part, everyone must balance on the chosen body part for 3 seconds or longer.
7. **Simon Says** - choose an action move e.g. jump on the spot, hop on one leg, balancing move, skip.