Dear Parents/Carers,

Below are a few ideas for physical games that you could play with your children at home. If you would like any further ideas or advice, please contact Nursery via phone/Facebook or email.

Mrs Wilkin 😊

Games to support Physical Development Outside

- Simon Says – encourage children to explore a range of movements through playing ‘Simon Says’ – children can jump, hop, skip, crawl, run, stand on one foot etc.

- Hopscotch – support children with counting, number recognition and turn taking as well as developing skills in hopping and jumping.

- Colour Run – draw 4 colour squares in the garden using chalks. Adult chooses a colour and movement and the child has to move to it e.g. hop to red, walk to green, jump to blue.

- Olympic Games – Explore Olympic games at home e.g. long jump, badminton, football, shot put (using a ball or bean bag)

- Throwing and catching – developing their throwing and catching skills using various sized balls.

- Homemade Obstacle Course – to explore climbing and balancing (under, over, in between and through)

- Helicopter – adult stands in the centre gently swinging a skipping rope in circles against the floor. Can your child jump over the skipping rope?

- Bean Bag Balance – children balance a bean bag on their head – can they walk in different ways e.g. in a straight line, in a circle, zig zagging?

- Kick Bowling – Fill pop bottles up with water and place in a bowling triangle – can the children kick them down using a football?

- Basket & Ball – place baskets/bowls on the floor –can children throw balls in from a distance?