









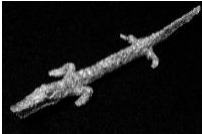


THURSDAY 23<sup>rd</sup> APRIL: AM

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	<p>5-a-day!</p> 	5-a-day Challenge Card	<p>Target practice!</p> <p>Split into 2 teams. Grab empty plastic bottles and scunch up old newspaper to make balls.</p> <p>Set the bottles up and take it in turns to throw or roll the ball towards the bottles.</p> <p>Run after the ball and throw it back to the next player.</p> <p>The team that knocks over their bottles first wins!</p>	<p>Scrunched up newspaper</p> <p>3-5 X bottles (or loo rolls) per team</p>
CREATIVE	<p>Create your own 'Landscape in a box!'</p> 	Landscape in a box Resource Card	<p>Stained glass window craft</p> 	<p>Stained Glass Window Resource Card</p>
INVESTIGATION	<p>Design your own board game</p> 	Board game ideas card	<p>Spider Web Challenge! (ADULT NEEDED)</p> 	Spider Web resource Card
DAILY DINGBAT! (Answer to Wednesday 22 <sup>nd</sup> AM: Top Secret)		<p><b>MIND MATTER</b></p>		

## RESOURCE CARD



THURSDAY 23<sup>rd</sup> APRIL: PM

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	'Crawl and wiggle' game	'Crawl and wiggle' Resource card Cans or tins	<p>Movement challenge!</p> <p>In pairs, stand opposite each other and hold each other's left hands. You must now squat down without letting go or touching the floor. Repeat 10 times.</p>  <p>Now swap hands and repeat 10 times.</p> <p>Try again, this time with 1 foot out in front of you, again not touching the floor. Repeat 10 times.</p>  <p>Finally get into a press-up position, hands opposite each other. After each press-up, high-five each other. Repeat on the opposite side.</p>  <p>Can you and your partner keep going for at least 10 minutes?</p>	A partner
CREATIVE	Tin Foil sculpting 	Tin Foil Sculpting Ideas Card	Made your own 'Pick up sticks' game 	'Pick up sticks' Resource Card
INVESTIGATION	Create your own family handprints! 	Family Handprint Resource Card	Design an adventure playground	Paper, pens, pencils
DAILY DINGBAT! (Answer to Wednesday 22 <sup>nd</sup> PM: Think outside the box)		BAN ANA		

## 5-a-day



**Put on some music you enjoy to help get you going.**

Today's 5-a-day are with a ball and a bucket or bowl. If you don't have a ball, roll up a pair of socks tightly into something which looks like a ball.

**Throwing** – how many times can you throw the ball into the air and catch it without dropping it in 1 minute?

**Bucket throw** – How many times can you throw the ball into a bucket or pot, pick it up and throw it again, in 1 minute? Have the bucket/pot 2m away from you if possible.

**Left to right** – how many times can you throw the ball into your other hand (left to right) in 1 minute?

**Partner throw** – how many times can you throw and catch the ball with a partner in 1 minute without dropping it?

**Roll and throw** – one person rolls the ball ahead of the other person who has to run and collect it and throw it back. Take turns. Can you do 10 rolls and throws each without dropping it?

How do your scores compare with your last 2 Thursdays?

## Landscape in a box ideas

### What you will need:

Cereal or shoe box

Pens, pencils or natural materials from outside, ie: Leaves/ twigs

Landscape ideas: Rainforest, desert, ocean, Arctic, African Savanna



## Stained glass window ideas

### What you will need:

- Card or sugar paper
- Tissue paper or think coloured paper
- Selotape
- Glue
- Sticky backed plastic or clear plastic

### How to make it:

- 1) Draw and cut out your chosen design outline on card.
- 2) Cut out small pieces of the tissue or coloured paper.
- 3) Lay the sticky backed or clear plastic over the outline and cut to the same shape as the outline. Stick to the outline.
- 4) If using sticky backed plastic, stick coloured paper directly to it.
- 5) If using clear plastic, spread with glue and apply coloured paper.
- 6) When finished, seal with another piece of plastic cut to size.
- 7) Put on a window and admire!



# Make your own 'Board game'

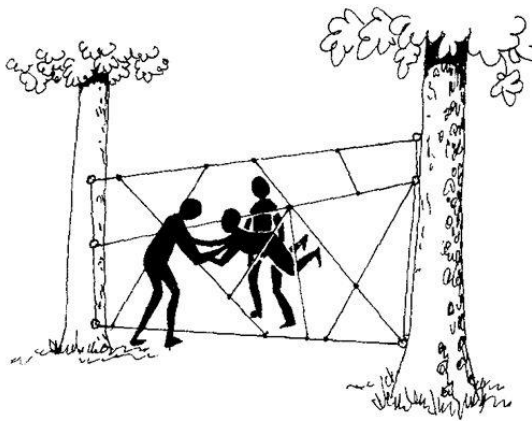
Design your own board game!

Don't forget to give it a funky name and decide the rules of play.



## Spider's Web Challenge!

**\*\* This activity must be supervised by a responsible adult\*\***



### If playing outside:

Use rope or string to set up a similar 'web' to those you see above. This can be set up between two trees for example.

### If playing inside:

Use string or wool, to create a similar web. You can set this up between two chairs or a table.

### Aim of the game:

The aim of the game is to get your own team through the 'web' in the fastest possible time. When completed, try to beat your previous time!

### Two main rules:

You can only use each gap in the web ONCE per game.

If a member of your team touches the web, you incur a one-minute penalty!

**Please ensure the children are supervised at all times, and please take great care when lifting teammates through the higher gaps in the web.**



# RESOURCE CARD



## Crawl and Wiggle

**Number of players:** 2+ (or can be played against the clock if only 1 player)

**Equipment:**

Cones, cans or pots (approx. 20) set out in 2 parallel lines with enough space to move between them.

Pile of 'treasure' (toys, beanbags etc) in a heap at one end of the 2 lines.

Box or bucket to put the treasure in at the starting point.

**Playing Space:**

Garden, hallway or room with furniture pushed back.

**Aim:**

To have the largest number of treasure items at the end.

**How to play:**

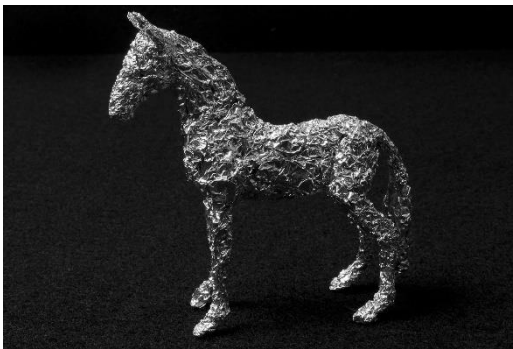
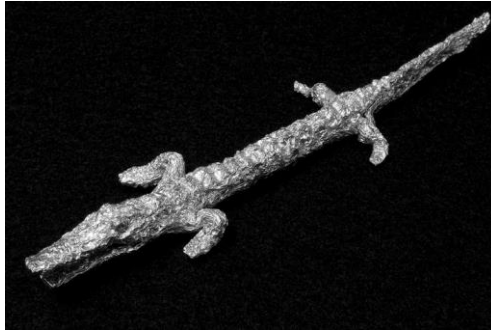
If there are 2 players, each 1 lines up at the end of the line of cans, opposite to the end with the treasure. If more than 2 players, play in teams as a relay.

On the word go, players crawl on all fours across the line of cans/cones, grab an item of treasure and then run back in and out of the cones (wiggle). The player/team with the most items of treasure wins (or the first one back if players have the same number of items).



## Tin Foil Sculpting ideas

What can you create just using tin foil?



## Make your own 'Pick up Sticks' Game



### What you need:

Twigs, sticks, toothpicks, wooden skewers  
Paint  
Paint brush

### How to make it:

Very simply, paint the sticks different colours as shown above.  
Try to ensure there is an equal number of each colour.

### How to play:

It is super easy to play pick-up sticks.

- 1) Put the sticks out on a table in a pile.
- 2) Attempt to pick up a stick without moving any other stick.
- 3) You can slide, pull, tug, or wiggle a stick, but you cannot move any other stick.
- 4) If another stick moves, your turn is over.
- 5) The player with the most sticks at the end of the game wins.

### Variations:

- 1) Each colour is worth a different number of points.
- 2) Assign each person a colour that they can only pick up for the whole game.

## How to make 'Family handprints'



### What you need for the mould:

500g plain flour  
250g salt  
250ml water

### What to do:

1. Mix into a dough
2. Roll out then press handprints
3. Bake in the oven on the lowest temperature for 3-4 hours
4. Paint, then varnish to seal

# Adventure Playground ideas

