






KINDY/PRE PRIMARY PHYSICAL ACTIVITIES FOR HOME

<p>DANCE</p> <p>Look for these songs that we already know on Youtube and show your family how to dance:</p> <p>Agadoo (Charlie Bear version)</p> <p>Go Noodle Superheroes</p> <p>Go Noodle Dino Stomp</p> <p>The Learning Station</p>	<p>PUDDLES</p> <p>Get your old clothes on and jump in puddles. Make a boat out of leaves and a stick and float it in a puddle.</p> 	<p>WALK/RIDE</p> <p>Walk the dog or ask Mum and Dad to go for a ride on your bike (even if its just around the back yard).</p>	<p>KICK</p> <p>Kick a ball. Make some goals with your shoes as boundaries and practise kicking a goal.</p> 	<p>BUCKETS</p> <p>Fill a bucket with water/sand and carry it across the yard. Have a race with your family.</p>
<p>PLANES</p> <p>Fold a paper airplane and throw it as far as you can. Can you make it fly further?</p>	<p>OBSTACLE COURSE</p> <p>Make an indoor/outdoor ostacle course using chairs, buckets, pillows. Go around, under, over, through the obstacles.</p>	<p>YOGA</p> <p>Get online to Cosmic Kids Yoga and do a yoga session.</p> 	<p>CLEAN</p> <p>Sweep or mop the floor, make your bed, tidy your toys.</p>	<p>GAMES</p> <p>Play Hide and Seek, Chasey,</p> 
<p>DANCE</p> <p>Make up a dance to your favourite song and perform for your family. Video it and send it to other relatives.</p> 	<p>SQUIRT</p> <p>Get a squirty bottle and aim at a flower, spot, brick outside. See if you can hit them.</p>	<p>MAKE YOUR FINGERS STRONG</p> <p>Get a coin or a leaf and put a piece of paper over the top. Rub with a crayon or pencil. Wath the magic!</p>	<p>PAPER SCRUNCH</p> <p>Scrunch up old paper and throw it in the air. How high can you throw? Can you catch it?</p>	<p>ANIMAL ANTICS</p> <p>Hop like the Easter Bunny, stomp like an elephant, jump like a frog, run quickly on the spot like a cheetah, jump like a star fish.</p>