



PE & SPORT

Home Learning Ideas - Early Years



Hide N Seek

Play with somebody in your house. Take it in turns to be the seeker. Count to 20. Whilst the other person hides. You'd be surprised where you can squeeze into wardrobes.



Treasure Hunt

Use 5-10 items from your house such as toys, balls, clothing, shoes. Hide them around your house / garden. Then create a map of your house & mark where the items are. Challenge somebody in your house to find them



Mathematician

Ask somebody to write out 10 SUMS such as $12 + 5$ OR $10 - 3$. Write them on post it notes or paper. Spread them out across the house. Bring them back to a board that has the SUMS answers. You have to match the SUM with the CORRECT answer. Good luck!



Tennis

If you don't have a racket use a frying pan, large A4 book. If you don't have a ball, scrunch up paper. Then get somebody to throw you the ball and try to hit it back to your partner to catch! Even use targets to hit on the wall or fence!



Walking

This really is the best exercise. Fresh air, what do you see? What can you play with? Look up www.footpathmaps.co.uk you'd be surprised what's around you