

Weeks Theme	<i>Animals</i>		
Warm Up activity	Animal safari – On the command move like the animal Kangaroo – jump 2 footed Flamingo – Stand on one leg Owl – Flap your arms Cheetah – Run on the spot FAST Frog – Jumps from lo (Squat) Elephant – Stop your feet, use your arm as a trunk Can you think of your own?		
Session1	Session 2	Session 3	
L – R, F, K – Call out Rabbit, Frog or Kangaroo and then move like that animal. Rabbits hop, Frogs low to high jump, Kangaroo -high 2 foot jump.	L – Monkey Swings – can you skip around your space using opposite arms as if you were swinging through the trees? Can you do fast swings? Long swings?	L – Tortoise Grab – Place some objects out in front – on hands and knees can you crawl your arms out forwards to grab some food and return to your spot. (You could use different size/weight/textured objects to do this)	
B – Flamingos – Can you balance on 1 leg for as long as possible? Try challenging someone else, can you flap your wings at the same time?	B – Hot Lizards – On all 4s can you lift one arm off the floor then the other, one leg and then the other. Can you lift 1 leg and the opposite arm off the floor? How long can you do this for? Try switch from side to side.	B – Sea otters – Can you lye on your back with your legs just in the air and your shoulders off the floor and balance things on your tummy? If there are a few of you can you pass the objects from tummy to tummy?	
OC – Giraffe collect – Standing tall on your tip toes can you collect objects just in your reach and walk around on your tip toes with them?	OC – Dung Beetle fun! – Dung beetles roll things around using the back legs! Can you roll a round object (Football/balloon/beachball) round with your feet while balancing on your hands?	OC – Leaf Catch – Cut up some paper into pieces (Leaf shapes could be an activity in itself!) Can someone drop them from above you and you have to catch them. Try tissues too!	
Whole Family Linked game idea			
Sleeping Lions – Version 1 - All the 'lions' to lay face down on the floor with their eyes shut. One person (The Antelope) to creep from one side of the room to the other without being heard. Version 2 - All the 'lions' to lay face down on the floor with their eyes shut trying not to move. The 'Gamekeeper' is to try and make them move, last to move is the next 'gamekeeper'.			
Other activities that could be linked to the theme			
Arts/Crafts	Draw your favourite animal, can you make animals out of recycling?		
Phonics/writing	Could you spell some different animals, write a story about your favourite one?		
Reading	Could you find some animal books to read?		
Visual	Watch some of the fantastic David Attenborough documentaries on animals		
Other	Could you make animal puppets out of socks or card and put on a puppet show?		

- L** = Locomotion – These activities encourage your child’s functional movement – Walk, Jog, Hop , Skip, Jump
- B** = Balance - These activities help develop your child’s balance and core stability
- OC** = Object Control - These activities help your child to use and control objects i.e. Balls, Paper, pens etc.