



## EYFS - Home Challenges

- Try experimenting and doing tricks with a ball or an orange.
- Try moving a ball or an orange around lots of different body parts.
- Show a friend some of your tricks with a ball or an orange and try to learn some of theirs.
- Practise being pulled up from sitting by an adult.
- Practise being pulled around by an adult on a slippery floor.
- Practise being pulled around by an adult on a slippery floor while seated and then kneeling.
- Count how many times you can pat a balloon up in the air using your dominant hand.
- Make a 'net' with chairs or the sofa and play 'balloon tennis' with a friend or another family member.
- Ask someone to time how quickly you can get from sitting to standing and back down to sitting. Then try and beat your time.
- Ask someone to time how quickly you can get from lying on your front to standing and back down to sitting. Then try and beat your time.
- Ask someone to time how quickly you can get from lying on your back to standing and back down to sitting. Then try and beat your time.