



Yr1 - Home Challenges

- Try rolling a ball up and down your body in time with your favourite song.
- Try rolling a ball up and down your body in time with your favourite song using 1 hand at a time.
- Try rolling a ball up and down your body in time with your favourite song, with your eyes closed. Try with both hands and then with 1 hand at a time.
- Find something very safe to hold on to, such as railings, and practise leaning out and then pulling back in.
- Try holding onto something very safe, such as railings, with 1 hand and lean out.
- Practise being pulled around by an adult on a slippery floor while seated.
- Find 10 things you can throw and catch that are very different in size and shape. (Check with an adult before you start!).
- With a family member, try to throw and catch 2 objects at the same time.
- See how many ways you can send and receive different objects.
- Ask someone to hold up a big ball in different positions in front of you, close your eyes and see how quickly you can react and touch the ball once you open your eyes.
- Ask someone to hold up a big ball in different positions. Sit down and close your eyes and see how quickly you can react; get up and touch the ball once you open your eyes. Move further back to challenge yourself.
- Ask someone to hold up a big or small ball in different positions. Face the opposite way and see how quickly you can react, turn and touch the ball on a signal. Move further back to challenge yourself.