

ParkiT

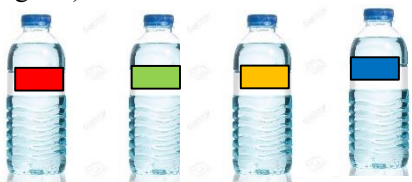


ParkiT

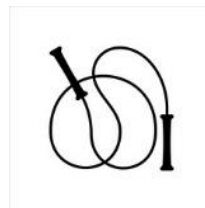
Prepared for Play in the Park

A Holdall containing:

4 empty plastic bottles,
distinguishable by colour (markers or
gates)



A skipping
rope Start lines,
obstacle for
jumping



Let's do it!

Ball of string- lay
intricate markings



A ball of any size



An umbrella

A long scarf/material
(Finishing line or throwing implement)



KA-POW!

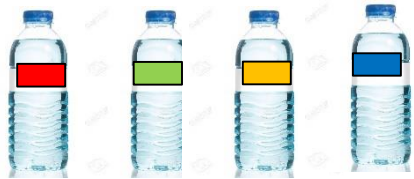




Relay (change over
Markers)



A Holdall containing:



4 empty plastic bottles,
distinguishable by
colour.

Can be used as track
markers or gates.



Hurdles: jump over each bottle.
Consider the number of strides
you take between them. Lead
with alternate legs.



Walking races: Walk between
markers, or slalom between each

Sprint:

Lay down various distance.
or

Use 2 markers to set the distance.
Then set yourself a time to complete
this. Place a marker where you get
to on that set time. Can you
improve? time.



Long Jump: use 2 as a take off gate
and use the others to mark landing.

Triple Jump;

Hop, Skip, Jump
use 2 bottles as a take off gate and
use the others to mark landings.
Can you jump further each time?

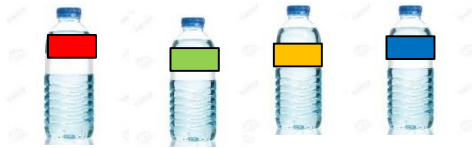


Always run in one direction
down the track.
Never walk back up the track.





4 empty plastic bottles,
distinguishable by colour
(markers or gates)



A long **scarf or** material
(Finishing line or throwing implement)



A ball of any size.
**Explore making balls of different
weights and textures**

Park Athletics: Field



Start line/ throw line

Use the bottles
to mark the
distance thrown.

Throwing style:

Over arm,

Chest pass;

Shot putt style.

**Try to improve the
distance and height
reached.**

Direction
of throw



Always throw in the same
direction .Wait until all
throwing has stopped. Collect
and walk back to the start on
the outside of the track.



**Put the ball in the
scarf and anchor
it with elastic.
When you throw
can you make it
look like a comet.**

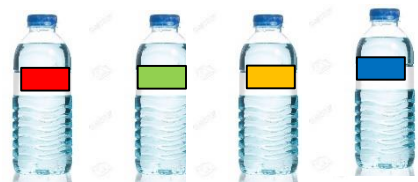


ParkiT

Park : Multiskills



A Holdall containing:



4 empty plastic bottles,
distinguishable by
colour.

Can be used as track
markers or gates.



A ball of any size



A long **scarf or material**
(Finishing line or throwing implement)

An umbrella

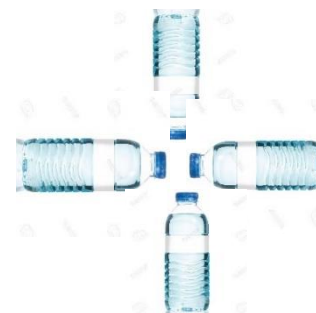


Attach each bottle to a long length of string.
On the other end tie a piece of treasure, i.e. a
scarf. Wind the string around the bottle.

Who is first to wind their treasure in?



Bottle jump. Make up a jumping
routine ensure you land in each
space after crossing over and
around. Jump with 2 feet landing.
Challenge a partner.
Can you both hold hands and do it
at the same time?



Throw balls into the umbrella
when it's on the ground or catch
the thrown ball with the umbrella.



Design an obstacle
course finishing with
crawling under the
scarf or piece of
material.

EYFS



On our daily walk what will we hear?

✓ Building Vocabulary.

Talk and Listen

Attract their attention to the sound:
Encourage your child describe the
sounds; Give them the correct word
(if needed.)

✓ Stimulate physical activity

Lets get Physical.



✓ Encourage imagination

Lets get Creative.

Will we hear a car hoot; a bus stop its
engines; a car radio-were there sounds in the
shops?

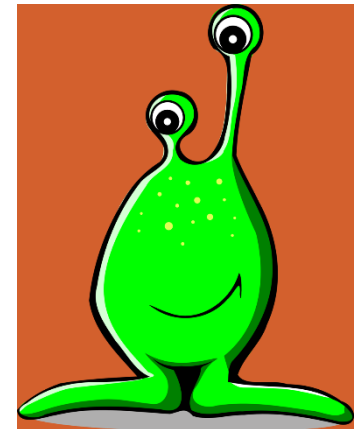
What did we hear?

*In the park, in the garden or, in a safe
space at home we can play a game:*

Make a **different body action** for each sound.
One partner calls out the name of a sound, one at
a time, in any order. The other has to perform the
action on the spot. Each round lasts for 30secs
and then change over. 5 rounds per game.

Easier: The caller models and the performer
copies.

Harder: add some odd sounds that were not
heard. The performer must keep still when these
are called.



**An alien ship lands in front of you. Make
the sounds of space ship's engines as it
lands. The alien steps out. How does the
alien speak? What happens next?**

EYFS



On our daily walk will we see?

odd and even door numbers
gates, doors ,
road signs
speed advice signs
Street furniture
animals and birds

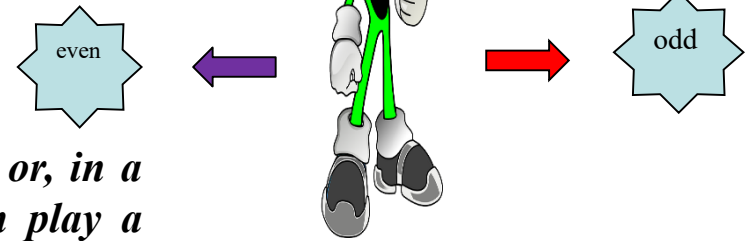
✓ **Number Agility.**

Identify and recall number and number patterns

✓ **Stimulate physical activity**
Lets get Physical.



✓ **Encourage imagination**
Lets get Creative



In the park, in the garden or, in a safe space at home we can play a game we can play:

Odd and Even game: one side of a space is called Odd
the other side is called Even; the starting spot is in the middle of the space.
One partner calls out numbers and the other must decide if the number is odd or even and run to the correct side. Each round is one minute.

Easier: Place number card 1,3,5,7,9 on one side 0,2,4,6,8 on the even side to aid the runner.

Harder: extend the distance between markers

Inclusive: set up the sides on a table and reach from side to side.

use paving stones or draw crazy shaped patterns and play hopscotch.



EYFS



On our daily walk what route will we take?

✓ **Building recognition and memory .**

Recount the journey mentioning all the features..

✓ **Stimulate physical activity**
Lets get Physical.



✓ **Encourage imagination**
Lets get Creative.

Cross roads (safely remembering the Green cross code);
turn corners; travel up and down steps; turn left and right;
step on and off kerbs; follow narrow alleyways; use an
underpass. etc

HOW DID YOU TRAVEL?

In the park, in the garden or, in a safe space at home we can play a game we can play:

The Route Game

Decide what actions to do for each feature encountered on the journey. One partner recounts the story of journey the other **must run on the spot** for travel, march for steps, turn left and right; jump for kerb, duck for underpass crouch for tunnels etc .

Easier: Partners face each other and perform together—the leader shouting the route .

Harder: Follow the leader but travelling and acting the route.



Make an obstacle course to travel over, under,
through

EYFS



On our daily walk will we feel?



the weather: rain, snow, wind, heat ?

different surfaces as we walk along: grass, concrete, pebbles, cobblestones, gratings ?

the texture of natural materials

✓ Building Vocabulary.

Encourage your child describe the feel of surfaces and the temperature.
How does it make them feel ?

✓ Stimulate physical activity

Lets get Physical.



What did we feel?

Guessing game: Take it in turns to mime an action based on a surface; a weather; a temperature, and the partner has to guess.

✓ Encourage imagination

Lets get Creative



Collect natural material of different textures during the walk and at home make a collage picture.

