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Home Activities for
Class Nursery and KG

ROCK, PAPER, SCISSORS WITH FEET

Can be done in pairs (Child, Parent).

Class Nur-KG

Explain that child will play a traditional game of Rock, Paper, Scissors, except with their feet instead of their hands.

Jump three times with their feet together and then choose a position:

- rock = feet together
- paper = feet apart
- scissors = one foot forward/one foot back



How to Play: <https://twitter.com/phyedtroop/status/1130983294382804993?lang=en>

WEATHER

Ask child to imagine the weather and act accordingly.

- 10 earthquake shaking
- 10 jump up volcano erupting
- 10 tornado twisting
- 10 hurricane running into strong wind
- 10 Jumping in rain water pit

Class Nur-KG



ANIMALS

Ask child to relate the activity with the animals.

- 1 min running in place from a bear
- 15 birds flying into the wind
- 12 frogs jumping from lily pad to lily pad
- 9 giddy up on the horse

Class Nur-KG



FIT STICKS

EQUIPMENT: Craft sticks

Write one physical activity and a number of repetitions on each stick. For example:

- 15 punches
- 10 hops
- 13 jump shots
- 7 tennis serves
- 20 baseball pitches
- 8 squats
- 12 lunges

Place the sticks on a desk or in a jar.

Ask your child to choose a stick to do physical activity.

Repeat as time and energy allows

Class Nur-KG





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Upload Log Sheet:

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