

Joy of moving
Festivals



JOY OF MOVING



HOME SCHOOL FESTIVAL

Worksheet Games and Activities

Worksheet games and activities for you
to have a go at.

Please post back to your teachers on
Seasaw!

OUR FOOTBALL NETWORK





SCAVENGER HUNT

You will need some items to play today's games, so your first task is to go on a scavenger hunt to find the things you need. You should be able to find these around the house but if you can't, take a look around and see if there are other items that you can use instead! Make sure you ask an adult before collecting some of these things - it is always better to check first! Once you've collected the item, don't forget to tick the box!

Don't worry if you can't find the items below – there are plenty of games that you can do in this booklet that don't require equipment, and even more on the website! Don't forget to ask your parent to help with going on to the website!

<p>1 Clean rolled up socks</p> 	<p>2 Hard back books</p> 	<p>3 Paper</p> 	<p>4 Pen or pencil</p> 
<p>5 Clean bottle tops / caps</p> 	<p>6 Teddy bear</p> 	<p>7 String or rope</p> 	<p>8 Chalk</p> 
<p>9 Paperback books</p> 	<p>10 Soft toys</p> 	<p>11 Tin foil – screwed up into small balls</p> 	<p>12 Safe playing space next to a wall</p> 
<p>13 Clock, timer or stop watch to time yourself playing the games</p> 	<p>14 Snacks</p> 	<p>15 Bottle of water to stay hydrated</p> 	<p>16 Small soft balls</p> 
<p>17 Tennis ball</p> 	<p>18 Large ball</p> 	<p>19 Empty plastic bottle</p> 	<p>20 Building blocks</p> 



ACTIVITY 1

UNDERSTANDING

PHYSICAL ACTIVITY

OPTION A

ACTIVITY WORD SEARCH

This fun word search contains lots of activity related words. You have 15 minutes to find as many words as you can before moving onto the next game.

If you can't print this page you can simply write a list of the words you need to find on your piece of paper and when you find them on your screen, you can cross them off your list.

Don't forget to set your timer or check the clock. On your marks....

Z	C	R	P	D	P	Y	O	S	T	F	U	N	M	O
U	A	M	O	V	I	N	G	L	H	Z	O	M	Q	B
N	P	A	Q	N	G	O	L	E	A	R	N	I	N	G
F	W	K	O	D	A	C	T	I	V	I	T	I	E	S
I	N	G	E	S	M	L	E	W	I	B	O	T	T	P
T	E	A	M	C	E	I	H	O	C	K	E	Y	E	O
N	T	S	W	H	A	Q	N	G	E	I	M	P	S	R
E	O	F	O	O	T	B	A	L	L	P	L	A	Y	T
S	I	X	M	O	L	K	S	C	A	H	O	S	O	C
S	N	C	U	L	S	J	S	B	Y	V	T	S	X	M

- ▶ Learning
- ▶ Activities
- ▶ Hockey
- ▶ Team
- ▶ School
- ▶ Moving
- ▶ Football
- ▶ Fitness
- ▶ Pass
- ▶ Game
- ▶ Play
- ▶ Sport
- ▶ Fun



Total score: /15



ACTIVITY 2 – A-Z OF...

Now it is time for some more fun activities. Again, you have two options, A or B. Both involve working through the alphabet. Option A is an A-Z of sports or activities, option B is an A-Z of fruit and vegetables. Get your thinking caps on!

OPTION A

A – Z OF SPORTS AND ACTIVITIES

Can you name a sport or activity for each letter of the alphabet?

You can use the internet if you are struggling with some of the tricky letters or ask your parents and carers if they can help.

If you can't print this page, simply write each letter down the side of a page of paper and write your sport or activity against each letter.

After completing the alphabet, perhaps you could use the activities for each letter of your name and join these activities up into a short circuit.

So, if your name is Mark you could do marching, agility, running and then kicking a ball.

	SPORTS	ACTIVITIES		SPORTS	ACTIVITIES		SPORTS	ACTIVITIES
A			J			S		
B			K			T		
C			L			U		
D			M			V		
E			N			W		
F			O			X		
G			P			Y		
H			Q			Z		
I			R					



Total score: /26



OPTION B

FRUIT AND VEG-ABET

How many fruit and vegetable can you name?

Think of a fruit or vegetable beginning with each letter and complete the table below. If you can't print this page, simply write each letter down the side of a page of paper and write your fruit and vegetables against each letter.

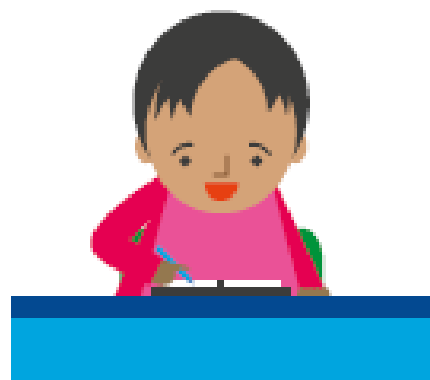
You can use the internet if you are struggling with some of the tricky letters or ask your parents and carers if they can help but be quick, the clock is ticking!

FRUIT / VEGETABLE

A		J		S	
B		K		T	
C		L		U	
D		M		V	
E		N		W	
F		O		X	
G		P		Y	
H		Q		Z	
I		R			



Total score: /26



ACTIVITY 3 – TIME TO REFLECT

In this section, we want you to think positive things about yourself and think about things you are good at. Everyone is different and everyone has different skills, even if they aren't always obvious. It is always a good idea to think well of yourself and not put yourself down.

Have a go at one of these activities below where you can either write positive things about yourself or write a list of things you are good at.

OPTION A

YOUR MIRROR

Write compliments to yourself inside the mirror below. If you can't print this page, you can either draw your own mirror or simply write a list of positive things about yourself.

Once you have written as many things about yourself as you can, pick up the mirror or your piece of paper and read out loud those positive comments. Perhaps also look into a real mirror and say them to yourself.

If you don't want to write them down, you can talk to a parent or carer about all the things that are good about you. I'm sure they can tell you lots of reasons why you should be positive about yourself.





MY MIRROR



OPTION B

WHAT AM I GOOD AT?

Write a list of at least five things that you are good at in the booklet image below. Then on the opposite page of the booklet, explain how you could help others with your skills. If you can't print this page, you can simply write your own lists on your piece of paper.

Try to think about different skills you have. Don't focus just on sports or practical things. Maybe you are a good friend or you are good at communicating (talking and listening).

If you don't want to write a list, you can talk to a parent or carer about all the things you are good at. You could even ask them to think of some for you.





FINAL STEPS

OPTION A

The world is very different at the moment. On a separate piece of paper, write a letter to your future self, explaining what you are looking forward to and what you will do after lockdown to be active and have fun. You could revisit it when we are allowed to go out and see our friends.

If you are stuck, here are some tips to get you started.

The first person I will see after lockdown is...

The first friend I will play with is...

The first place I visit will be...

The first show I want to see is...

The first game I will play with my friends is...

Handwriting practice area with 15 horizontal dashed lines on a yellow background.