

Physical Challenge

GO ON A SUMMER WALK

Make a list of what you want to see on your summer walk and as you see them tick them off.



Focused Skill: Walking on a range of surfaces

CRAZY CRICKET

It is summer time, so why not get outside and practice your cricket. We want you to practice your throwing, hitting and catching.



Focused Skill: Hand eye co-ordination

DEN MAKING

Go to the woods and make your own den or if the weather is bad make an inside fort. Encourage your children to build, create and challenge their decisions.



Focused Skill: Constructing on a large scale

GRASS PLAY

Mow the lawn and ask the children to create anything they want with the grass clippings – you can even have teams and do mini competitions.



Focused Skill: Transporting/ transferring

MINI OLYMPICS



The Olympics is here! So let's set up our own mini-Olympics outside with different events/ stations – running, jumping and throwing.



Focused Skill: Locomotor - Running, Jumping, Manipulative - Throwing

WATER PAINTING

Collect a range of old paint brushes/ rollers/ sponges etc. and fill up a painting tray or bucket with water and create your own marks, patterns etc. It's a great creative activity that involves little mess and dries away in the sun ready for a new blank canvas.

Focused Skill: Fine & Gross motor control

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

Food Challenge

PREPARE SOME HEALTHY FOOD

Prepare one of the healthy recipes from the [Startwell Website](https://www.startwell.org.uk/).

Why not prepare a rainbow salad – remember it's important to eat a rainbow of colours to get a range of vitamins and minerals! Enjoy this refreshing snack outdoors in the warmer weather.



Focused Skill: Peeling, Cutting

ROLE PLAY SHOP

Set up a shop at home with play foods or items from your cupboards. Look at the different types of fruit AND vegetables available, can the children name them?



Talk about size, texture and even taste.

Focused Skill: Recognising Ingredients

FOOD SCIENCE

Which fruit and vegetables float/sink? Add food colouring to them in water – which change colour?



We have lots of Food Science activities pinned on the Startwell Birmingham [Pinterest](https://www.startwell.org.uk/) page.

Focused Skill: Exploring Foods, Picking up, Releasing

GROW YOUR OWN FOOD

Give some food growing a go!

You can develop lots of great skills growing food, but we want you to focus on pouring. Food won't grow unless we water them. What different household items can the children use to water the growing foods.



Focused Skill: Pouring

FOOD HUNT

Make a list of food items you have available and call them out at random for the children to find. Hide them outdoors if you can! Once foods have been found, have a discussion about which are the appropriate portion sizes for the children and adults.



Focused Skill: Following rules or instructions

FIND, READ AND GET ACTIVE WITH FOOD BASED STORIES

Look on your bookshelf and see if you can find any healthy or food related stories for example Goldilocks and the three bears, Hungry Caterpillar, Handas Surprise. Make them into active stories and do actions together.



Focused Skill: Developing knowledge and awareness of different foods

Summer Challenge

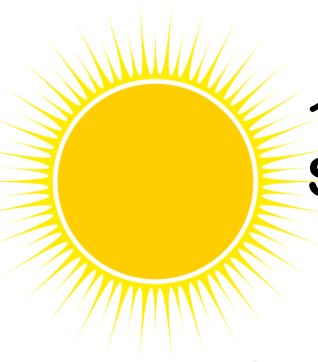
6 Weeks

6 Challenges

...are you ready for the Startwell Summer Challenge?

Physical Challenges

Food Challenges



1. Go on a Summer walk

Week 1

1. Make a fruit rainbow!



2. Crazy Cricket



Week 2



2. Role play food shop



3. Den Making

Week 3

3. Food Science



4. Grass Play



Week 4



4. Grow your own food



5. Mini Olympics

Week 5

5. Food Hunt



6. Water Painting

Week 6



6. Find, read and get active with food based stories

