

6 Week Summer Challenge

Physical Challenges

Food Challenges

OBSTACLE COURSES

The 6 week holidays are underway and we want you to get things started by creating an obstacle course with Sammy skills! Have stations for running, jumping and throwing.

Focussed Skills: Locomotor, Stability & Manipulative Skills



EAT A RAINBOW

See if you can create a rainbow using images of 7 different coloured fruit and vegetables. Then pick one or two and taste them for a healthy snack.

Focussed Skill: Recognising Different Fruit and Vegetables



Week 1

WALKING



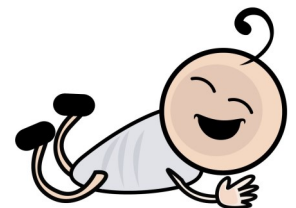
Walking is a great way to get your belly buttons moving with Azra, so why not use this opportunity to introduce different styles of walking to the children such as giant steps, tip toe walking, crocodile steps, walking backwards and forwards. Or go for a walk in your local area.

Focussed Skills: Self Awareness and Spatial Awareness

ROLE PLAY CAFE

Can the children create a café for their toys? What healthy food would they give them? Talk about the portion size adults would need compared to the children.

Focussed Skill: Recognising Ingredients



Week 2

CATCH AND THROW

Catching and throwing are hard skills to master and need lots of practice. Remember to start with bigger items and move onto smaller items. Beach balls and balloons are great starting points. To extend it, try aiming at targets and reducing the size of the object whilst increasing the distance

Focussed Skill: Manipulative



SEED PLANTING



Chop some fruits or vegetables in half to reveal the seeds inside (e.g. bell pepper, kiwi, apple, melon, squash). Talk about what the seeds are and do. Remove some of the seeds, dry them and then plant them in compost. See what comes up!

Focussed Skill: Understanding How Food Grows

Week 3

Physical Challenges

Food Challenges

DANCE

Dancing is a great way to get your bodies moving, so why not use this opportunity to introduce different styles of music and dance to the children and get them to create different dance moves. Remember to include fast paced music to get the heart going BOOM BOOM BOOM!

Focus: Incorporating high intensity activity into daily routine



Week 4

FOODS FROM AROUND THE WORLD



Show the children a globe or map of the world. See if you can find a variety of different fruit and veg from different countries and prepare them for snack.

Talk about where the foods are grown and how they look different on the outside and inside.

Focussed Skill: Exploring Foods, Chopping and Cutting

WATER PLAY

Can you move more and sit less this week through a range of water-based activities? We want you to try water painting with large brushes outside, make water flow tubes, chase bubbles, create puddles to jump in and get those belly buttons on the move like Active Azra.



Focus: Move More Sit Less

Week 5

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, ask the children if they are healthy/kind for our teeth? If they are they can be placed on a picture of a happy tooth and if not on a picture of a sad tooth.

Focussed Skill: Following rules and instructions and what food is good for our teeth



RUNNING AND ROLLING

We want you to see how fast you can run up a hill but then can you roll back down it and repeat again and again? If you get tired try walking up the hill and rolling down slowly

Focussed Skill: Locomotor Development



Week 6

LET'S DO LUNCH

The children will love to make their own lunch. Cut English muffins in half and get the children to top with cheese and chopped vegetables then grill. If you don't have access to an oven, they can fill their own pitta pockets with grated cheese, hummus, chopped vegetables etc...

Focussed Skills: Chopping, Cutting and Peeling

