



Activity Sheet Eight : This week we are thinking about a big word-**prepositions**! Don't worry you will still be having a lot of active fun!

Take some photos to show your friends & family how well you are doing & what fun you are having being active.

Safety- try to move anything that you could break or trip over out of the way. Make sure your shoe laces are tied up & you have a drink ready.

Obstacle Course Challenge : You are going to be creative, so you will decide & organise what equipment you need.

*Create an obstacle course or a set of individual tasks where you can to do the following things:

- move **under**
- move **over**
- throw something **in**
- take something **out**
- move **around** items
- move **through**
- put something **behind**
- put something **on**



Remember you don't have to do everything with your body if this is a bit tricky. For example some people might choose to move **under** a sheet on their hands & knees, but you could choose to move a toy car **under** a tea towel on a table. Some people might put a t-shirt **on**, but you could put a toy **on** a table.

Competition ideas:

- *How fast can you complete your course?
- *How fast can you complete 2, 3, 4 laps of your course?
- *How many laps of your course can you complete in 3mins, 4mins, 5mins
- *Can you race in a tag-team taking it in turns to complete a lap?

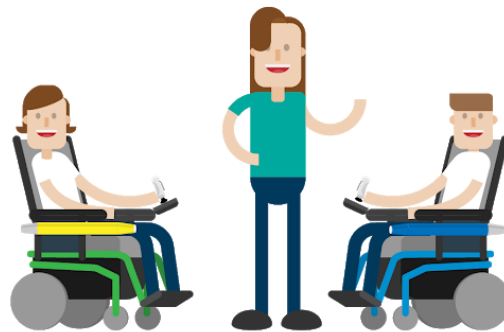
'In, Out, Shake It All About' Challenge : You will need a soft toy or another soft object & at least one more person. Ideally the whole family will join in & you will have access to some music

*Decide who is going to be the leader

*When the music starts or the leader says/signs 'Go!' the players move around the space holding their soft toy/object.

*When the leader stops the music or claps their hands the players follow their instructions. Here are some examples of what the leader may say:

- put the soft toy **on** your head
- put the soft toy **under** your armpit
- put the soft toy **on** the ground
- put the soft toy **behind** you
- shake the soft toy **in** the air



*Take it in turns to be the leader

How to make this activity harder

- put some obstacles out so everyone has to move around them
- link some instructions together
- link the instructions together quickly
- swap items with another player
- start with 5 points. The last person to complete the task loses a point. The leader can decide what happens when a player has 0 points left eg-are they out, do they complete a forfeit, what is the forfeit?

As always enjoy, have fun & stay active #StayInWorkOut

