



Christmas Advent Calendar

1

Reindeer Sock Tag

You will need someone to play with. Choose your favourite sock and tuck it in the back of your waistband (like Rudolph's tail). Chase each other around. If you can grab the other person's sock (tail) then you are the winner!

2

Snowball Catch

You need something small and light that you can throw and catch with. How many times can you throw and catch your object in 1 minute?

3

Jingle Jumps

Find about 10 small household objects. Space them out on the floor. Practise jumping over them with 1 foot and 2 feet in lots of different ways. How many different ways can you find to jump?

4

Grotto Grab

You need 5 small objects and 5 bits of paper. Spread your objects out on one side of your playing space, and spread your paper out on the opposite side. Quickly pick up an object and move to put it onto a piece of paper. Do this for all 5 objects. How fast can you do it?

5

Fill the Christmas Stocking

Find 10 small soft objects that you can throw, then find something to use as a target. Set your target a short distance away and then practise throwing your objects to land in or on it. Now try the same activity with your eyes closed. Were you as accurate?

6

Bauble Burst

You will need a balloon, a soft ball or use some rolled up socks. Sit on your bottom and try to keep the balloon up in the air using different body parts. You can move around on your bottom but you cannot stand up.

7

Present Pick Up

You will need a ball or you can use rolled up socks or screwed up paper. Put the ball on the floor and practise picking it up quickly. Practise running in and picking the ball up quickly so that you have it under control and ready to throw.

8

Santa's Challenge 1

Can you design a throwing and aiming game using 3 objects that you have at home? What will the rules be? How many people can play? Try the activity out with your family. Can you make a poster of your game and share it with your teacher?

9

Snowball Strike

You will need objects that you can use as a bat, a ball and a 'tee'. A tee is something you can put a ball on top of. A cardboard tube or yoghurt pot would work. Put your ball on the tee and practise striking it off the tee with your bat.

10

Santa's Shapes

Make different letter shapes with your body. Think of a Christmas word. Now make each letter in your word with your body. Can someone guess what your word is?

11

Present Pass

You will need something soft to throw and catch. Find someone to play this game with you. Move about in a space and pass the ball between you. Count out loud how long you are in possession of the ball before making the next pass. Make sure it is not longer than 3 seconds!

12

Christmas Treasure Hunt

Write out the word Christmas. Can you find something in your house that begins with each letter of the word? How fast can you do this? Choose another Christmas word and try again.

13

Christmas Crocodiles

Ask a family member to help you! The aim of the game is to get across the 'river' by dribbling the ball with your feet and keeping control of it without being tackled by the crocodile. The crocodile has to stand in the centre of the river. They are only allowed to move side to side.

14

Don't Drop the Parcel!

You need a ball or a small soft object. Pass the ball around different parts of your body – try your head, waist, knees and ankles. Try going both ways around your body – which way was harder? Pass the ball in a figure of 8 through your legs. Try to go both ways! How quickly can you do this without dropping the ball?

15

Santa's Challenge 2

Design a chasing game to help you improve your footwork when playing games. Can you give your game a theme? Maybe you could base it around your favourite character in a story. Think about if you want to use equipment, and what the rules will be.

16

Tinsel Targets

You will need a ball or small soft object you can throw. In lots of games the ball is thrown with one hand. See if you can throw the ball to a target with just one hand. Try to start with the ball high up in the air using your elbow for power.

17

Pine Needle Peril

The needles have all fallen off your Christmas Tree!! Your floor is covered in spiky pine needles. Can you find ways of crossing the floor without actually touching it? What could you use to help you?

18

Bauble Bounce Up

Use a small ball, rolled up socks or screwed up paper. Can you use your hand, a racket or anything with a flat surface to see how many times you can bounce the ball on your racket?

19

Jingle Gymnastics

Practise a few shapes with your body so that you can perform them without wobbling. Choose your favourite piece of Christmas music. Dance about when the music plays and when it stops, perform one of your shapes. Make sure you are as still as a statue. Can your family guess what sort of shape you have made?

20

Festive Frisbee

You will need a flat disc for this! A paper plate or sweet tub lid would work. Can you get your disc to fly through the air using one hand? How far can you get your disc to fly in a straight line? Can you ask someone in your family to throw your disc to you so you can catch it? Try to catch your disc in two hands.

21

Christmas Dance Off

Choose your favourite Christmas song. Can you create 6 shapes or actions that go with the music? Put your shapes and actions into an order that flows and perform them to your music. Challenge your family to a 'Dance Off'!

22

Snowball Skittles

Find 6 household objects to use as skittles, and something for a 'snowball'. Arrange your 'skittles' into a small group and stand a short distance away. Roll your snowball at your skittles. How many can you knock down with your snowball? Can you try aiming and throwing at your skittles in different ways?

23

Christmas Tree Orienteering

Choose 6 colours and write them down onto a small piece of paper. Go for a walk around your local area looking for Christmas Trees in the windows of houses. Take a grown up with you! When you find a Christmas Tree, look at the colour of the front door and if it matches a colour on your 'orienteeering card' tick it off.

24

PE at Home Challenge!

We hope you have enjoyed our Christmas challenges! Why not try one last challenge before you have a well earned rest at <https://www.kessp.com/page/?title=PE+at+Home&pid=45>

