

Early Years & Key Stage 1 Multi-Skills Cards

We have attached some Multi-Skills Cards which have been created for children in Years R-2. There are lots of different ways in which you can use these cards at home:

- Choose 6 cards and place them at different places around your house / garden. The student can then go on a 'fitness hunt' around the house / garden to find the cards – when they find one, they have to complete what is on the card. This can be done over a number of days with you changing the cards / hiding places each time.
- Choose a certain number of cards and create a circuit around your house / garden. The student either has to complete what is on the card or you may make them complete the activity for a set period of time.
Reception: 20 seconds
Year 1: 30 seconds
Year 2: 30+ seconds
Allow a rest period between each activity of around 30 seconds – 1 minute. They then have to move onto the next card in the circuit, so they move around all cards to complete the circuit. This can be repeated on another day with you choosing different cards to make up the circuit.
- You could create a chart with the student using these cards and throughout the day they must complete all / some of the cards. They have to complete the activity for a set time and record their score. This can be repeated on another day and they can compare their score – have they got better?
- Family Challenge – can you get the whole family involved? You could split into teams and compete against each other or compete individually against each other recording your scores as you go.
- Create your own. Give the student a blank card – can they create their own activity and get members of their family to complete it. Again this can be done in teams so you have to complete the other teams card or individually.
- For Students in Year 2 – can they go with the cards and set up a circuit for the rest of the family to complete – can they find things to use as equipment i.e. cushions or books instead of cones, bits of lego or pencils arranged to make hoops.
- Have fun!