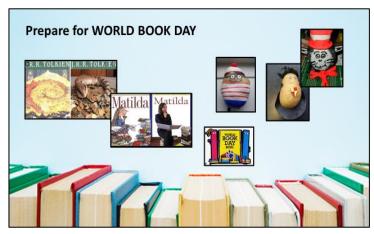
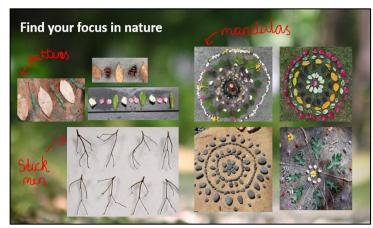
# Half term ideas and activities EYFS - KS1

















- \*Tennis ball (or similar)
- •Garden cane(or similar)
  •Frisbee or plastic plate
- ·Tape measure
- cut-out medals \*Someone to keep the

Flags, lights, fancy costumes, and of course, an Olympic torch (not a real one obviously). Get creative and have fun before the games even begin! Sprint

Simply measure out the distance and mark out your start / finish lines. Time how long it takes. Fastest wins.

## Long Jump

Mark out a line to jump from and measure the distance to the landing spot -3 attempts each to get the best distance.

Grab a tennis ball, and get ready to hurl it as far as possible. Distance is to be measured from the first bounce, take the best result from 3 attempts.

Throw a garden cane (or similar) as far as you can. Measure the distance from where the it first hits the ground - take 3 attempts and record the best distance.

### Discus

Spin around on the spot before throwing a frisbee/paper or plastic plate.

Measure the distance from where the discus first hits the ground – take 3 attempts and record the best distance.

**Medal Ceremony**Why not set up a podium and create your own medals?





