

# Home Learning: Instruction Sheet

Use this set of instructions with activity 3 on the [Home Learning Activities sheet](#).

- 1 Put your hands on your shoulders.
- 2 Make a wide shape.
- 3 Clap your hands five times. Count to eight.
- 4 Touch your toes.
- 5 Jump around in a circle.
- 6 Balance a cushion on your head.
- 7 Say the alphabet.
- 8 March on the spot.
- 9 Sit down.
- 10 Stand up.
- 11 Hopscotch on the spot.
- 12 Pretend to wash your hands.
- 13 Balance on two body parts.
- 14 Make a tuck shape.
- 15 Cluck like a chicken.
- 16 Do three star jumps.
- 17 Write your name in the air with your finger as an imaginary pencil.
- 18 Do four lunges.
- 19 Pretend to sneeze.

# Home Learning Activities

## 1. Teamwork – Lean Walking

This activity is a trust exercise and only works if done with someone of a similar height to you.

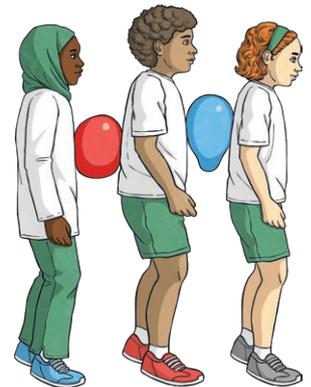
- Stand side by side with a partner.
- At the same time, you must both lean sideways towards each other so that your upper arm and shoulder are touching.
- Next, each person must shift their feet away from their partner as far as they feel comfortable.
- When ready, try to walk a few paces forwards while maintaining your leaning position.
- If comfortable, try and walk to an agreed point.
- Now, swap sides and try leaning on the other shoulder.



## 2. Problem-Solving – Balloon Conga

The number of balloons you need for this activity will depend on how many people you have taking part in it.

The aim is to try and move the balloons from one side of the room or garden to the other, without using your hands. Instead, you must trap the balloons between your torsos and then, all walk/shuffle together while keeping the balloons in place. See a picture of this in action.



The longer the line of people you have for this, the harder it will be. If you have enough people, you could race other teams over a set distance!

## 3. Following Instructions

Ask a friend or family member to choose and read out two of the instructions from the Instruction Sheet (e.g. hopscotch on the spot and do three star jumps). Complete the actions one after the other. Repeat this several times but choosing different instructions each time.

Next, try following a set of three different instructions read out by the other person from the Instruction Sheet.

Repeat with a set of four different instructions. How did you find the three-step and four-step instructions? Now, make up some of your own multi-step instructions for the other person to follow.



## 4. Giving and Following Directions

Try this activity with a friend or family member to practise both giving and following directions.

You will need a blindfold – a tea towel works perfectly for this!.

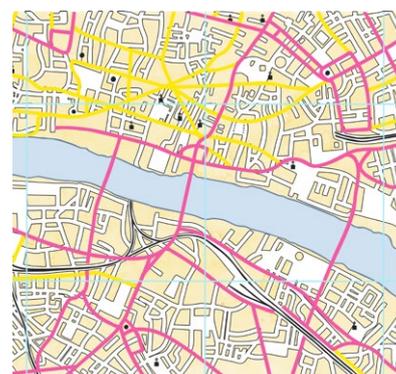
- Decide who will be blindfolded and following the directions first. The other person will be giving the directions.
- Lay out a few obstacles on the ground.
- Guide the blindfolded person from one side of the room or garden to the other, avoiding the obstacles.
- Remember to use easy to follow directions.
- Make sure you stop the blindfolded person if there are any hazards or dangers.
- Swap over once they have reached the other side.



## 5. Maps

Ask a family member or friend if they have any maps you could look at, such as Ordnance Survey or road maps. If not, you could try to find some maps online.

Spend some time looking at the different symbols on the maps as well as the keys. Are there any symbols that you recognise? Do you think the maps look like they would be easy to follow? What are the similarities and differences between the maps?



## 6. What is Orienteering?

Create a poster to explain what it is.

Remember to include what's great about orienteering, such as learning to read a map, learning compass skills, exercising the brain as well as the body, working as part of a team and being in the outdoors.

