



Click [here](#) to bring the page to life!

Early Years Northumberland

LEARNING TOGETHER AT HOME: WEEK 14

It's week 14 and this week we've put together some physical activities for a 'teddy olympics' which children can join in with as part of the [National School Sports Week at home](#) initiative.



Make an obstacle course for you and teddy to complete using objects from around the house. You might crawl under the chair, walk along the skipping rope, or jump over a broom handle.



Play a 'teddy target' aiming game. How many things can you throw and get to teddy? Light, ball shaped objects are great for throwing, like a rolled up pair of socks.



Teddy races. How many types of races can you and teddy take part in? You could try running with teddy on your shoulders, jumping, scooting, or even rolling down a hill races.



Join in with this [Cosmic Kids yoga session](#) based upon the story 'We're Going on a Bear Hunt'.



Have some splashing fun with water in a race to fill teddy's bucket. You could use measuring spoons, plastic cups or sponges to transport the water from your bucket to teddy's.

Click [here](#) to see to Catrin doing a gymnastics floor routine.



Click [here](#) for more exercises you can do with teddy at home.

