

Daily Challenges: These challenges are activities that you can complete with your child each day to support their learning and development.

Physical Development Challenge:

Monday: Can you balance on one foot? Can you now try to balance on the other foot?

Tuesday: Can you hop on one foot? Count how many times you managed. Can you now beat it?

Wednesday: How far can you jump? Can you try to jump even further? What could you do to help you jump further? E.g use your arms to help you.

Thursday: Can you practice skipping around in the garden?

Friday: Using tape on the floor or chalk, can you walk along the line keeping your balance?

Mathematical Challenge:

Monday: Can you find 5 objects in your house which are circle shaped?

Tuesday: Can you find 6 objects in your house which are square shaped?

Wednesday: Can you find 3 objects in your house which are triangle shaped?

Thursday: Can you find 5 objects in your house which are rectangle shaped?

Friday: Can you find any objects in your house that are oval or heart shaped?