PE at Home – OUTDOOR AND ADVENTUROUS ACTIVITIES

#stayhomestayactive
#PEatHome

EXPLORE
You are going on a ‘colour hunt’ around your home. How many colours do you know?

Bright ideas:
- Look in your bedroom – how many different colours can you find?
- Go to all of the different rooms and spaces inside and outside your home to look for lots of different colours.
- Which colour can you find the most of?
- Which is the most colourful room or place?

How quickly can you do this? Be careful – do this safely!

@KESSPB
@awhitehousePE
@SarahLayPE

EXPRESSIVE ARTS AND DESIGN
Bring all of your colours in nature back home and use them to make a wonderful colours in nature picture.

Could you put it in your window to cheer everyone up?

Where can I find out more about OAA?
https://www.britishorienteering.org.uk/goorienteering
https://www.ackers-adventure.co.uk/
http://www.coboc.org.uk/

PRACTICE
Choose your 5 favourite colours.
Write down the colour names or draw a blob for each colour.

Now see how quickly you can find 5 objects for each colour. Can you put a ✓ each time you find something?

How quickly can you do this?

UNDERSTANDING THE WORLD
Colours in Nature
Find a safe place outside.
Take a small container with you.

How many colours in nature can you see?
Can you name everything that you find?

Can you gather lots of small examples of colours in nature?

Make sure you have enough safe space to complete the tasks!

DEVELOP
Now you are going on a ‘rainbow hunt’
Choose 6 colours and make a bingo card like the one below.

Go for a walk around your local area looking for rainbows in the windows of houses.

When you find one – look at the colour of the front door and if it matches a colour on your ‘bingo card’ tick it off.

Parent’s Tip!
If it is safe to do so, challenge your child to travel in different ways on their ‘colour hunts’

Encourage them to be creative – jump, hop, skip, jog, wriggle!!