

Outdoor home learning challenge

Week beginning 21st September 2020

Getting outside to exercise is good for your child's health and wellbeing. Encourage them to explore ways to move in a park or garden.

Play Follow the leader. Ask your child to follow you. Move in silly ways – Zig zag, giant steps, mini steps, sideways crab steps, walk like a robot or soldier. Can they copy all your moves staying behind you? Let them have a go at being leader and make up the moves.



Go on a walk and look at what the country looks like at the end of Summer. Can you find leaves, flowers, minibeasts?

Can you see any signs of autumn? Are any leaves changing? Can you find conkers or acorns? Look out for squirrels and hedgehogs.