

# 60 Minute Pick 'n' Mix

Pick a selection of activities from below that equals 60 minutes of active learning  
These can be completed at various times throughout the day.

30  
Minutes

**The Keepy-Uppy  
Card Game**

**Bag the Beans**

**Balloon Keepy  
Ups**

**Tabletop Tennis**

**Bear Hunt**

20  
Minutes

**Wacky Races**

**Jumping Dice**

**Battleships**

**Keep on the  
Move**

**Topic Run  
(Subject Based)**

15  
Minutes

**In The River**

**Top Ten**

**Towel Jumping**

**Beach Volleyball**

**Tabletop  
Football**

10  
Minutes

**Standing Long  
Jump**

**River Bank**

**Kangaroo  
Jumping**

**Standing Long  
Jump 2**

**Morning  
Breathing**

5  
Minutes

**Around the  
World**

**Socks in the Box**

**Times Tables  
Squats**

**Toilet Roll  
Balance**

**Climb the  
Mountain**

# Games/Activities

## (5 Minutes)

### Around the World

- How many times can you pass an object around your waist in 60 seconds?
- If you drop the object you need to start again.
- Repeat activity to try and beat previous score.
- Can you use a different size/shape object?
- Can you move the object around a different part of your body?

### Socks in the Box

- How many socks can you pair up and put in the box in 60 seconds?
- Place unpaired socks 5 steps away from a box.
- Children run, match up a pair of socks and place them in the box.
- Keep count of score and repeat to see if you can beat previous score.
- Challenge yourself to pair different colour socks or even different types of socks before placing them in the box.

### Times Tables Squats

- With a partner or in a small group decide on a focus times table.
- Take it in turns to squat and shout out the correct multiples in order e.g. 5, 10, 15, 20, etc.
- Challenge yourself to go as high as you can go with your times tables while squatting as low as you can go.
- Maybe one player could squat and call the sum and the other player squats and calls out the answers

### Toilet Roll Balance

- Can you balance a toilet roll on your head while standing still?
- Challenge yourself to balance in on your head while moving?
- How many different types of movement can you do with the toilet roll on your head?
- How many different static balances can you perform with toilet roll?
- How many toilet rolls can you balance on different parts of your body?

### Climb the Mountain

- How many mountain climbs can you complete in 60 seconds.
- Repeat activity to try and beat previous score.
- Challenge yourself to do it with just one foot or both feet at the same time.
- Can you complete it while holding a piece of equipment between your feet?

## (10 Minutes)

### Standing Long Jump

- Place a starting marker on the floor.
- Stand beside the starting marker on two feet, how far can you jump landing balanced on 2 feet?
- Challenge a partner to see who can jump the furthest.
- If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012.
- How many jumps does it take to jump that distance?

### River Bank

- Find a line on the ground, or stretch out a rope on the ground.
- Designate one side of the rope or line to be the bank. The other side is the river.
- When someone shouts "river," you must jump with both feet together to the river side, and vice versa for "bank,"
- Be careful the person calling the instructions doesn't try to trick you.

### Kangaroo Jumping

- Talk about how kangaroos move.
- Demonstrate how to jump like a kangaroo. Hands are held in front of chest with elbows bent.
- Practice hopping. make sure you take off with both feet and land with both feet, bending knees slightly when they land.
- Play follow the leader, Hopping like a kangaroo.
- Try and hop around obstacles.

### Standing Long Jump 2

- Place a starting marker on the floor.
- Set up 2 distance levels. Level 1, one step away from the starting marker. Level 2, two steps away from the starting marker. Level 3, three steps away from the starting marker.
- Stand beside the starting marker on two feet. Which marker can you jump to safely landing balanced on 2 feet?
- How can we use our bodies to reach the marker furthest away?

### Morning Breathing

- From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.
- As you inhale slowly and deeply, return to a standing position by rolling up slowly, lifting your head last.
- Hold your breath for just a few seconds in this standing position.
- Exhale slowly as you return to the original position, bending forward from the waist.
- Notice how you feel at the end of the exercise.
- Repeat this exercise 3-5 times.

# Games/Activities

## (15 Minutes)

### In The River

- Children stand in pairs facing one another with an object between them.
- On command children must complete movements to what you are saying:
- "In the trees" – stand tall, arms up on your tiptoes like a tree.
- "On the bank" – children crouch down and pretend to sit on the side of a river.
- "In the river" – children grab the item before their partner does.
- Be creative and add any movements you can think of.

### Top Ten

- Individual
- Standing three steps away from a target. Can you make 10 successful throws into target.
  - Take one step back after 10 successful throws.
  - How far back do you get?
  - Can you use a smaller target?
- Partner
- With a partner, start by standing 3 steps apart.
  - Throw a ball or rolled up socks to each other. Challenge yourself to make 10 catches. Each time you make 10 catches take a step back.
  - How many times can you throw the ball/socks without dropping it?
  - How far back do you get?

### Towel Jump

- Have a towel placed on the floor. Children are to think of different jumps they can make over the towel. Jumps can be;
- 2 Feet to 2 Feet
  - 1 Foot to 1 Foot (Hopping)
  - 2 Feet to 1 Foot
  - 1 Foot to 2 Feet
  - 1 Foot to the Other Foot
  - Can they High 5 while Jumping?
  - How High can they Jump?
  - Can they tuck their legs up to their chest (tuck jump)?
  - Can they bring their heels to their bum?
  - Can the jump and make different shapes?
  - Split leg Jumps?
  - 180 Turn Jumps?
  - Side to Side Jumps?

### Balloon Volleyball

- Blow up a balloon of the "round" type.
- Hang a piece of string or ribbon horizontally about one metre above the floor between two chairs, or between counter tops. This is your net.
- using your fingertips, hit the balloon back and forth across the net.
- if the balloon touches the floor on either side the other person who hit it get a point.
- Play first person to 5 points and then start again.
- Your hands are not allowed to cross over the top of the net.
- You are allowed to touch the balloon more than once on your side.

### Tabletop Football

- Having 2 people sit at either end of the table using a pair of rolled up socks. Have 2 rolled up towels/blankets/sheets on either side of the table as blockades to each end of the table trying to score.
- Scores are made with the ball falling off the table at either end. Players can move their arms to block and defend the ball/socks on their end to stop the other player.
- Scores can be tallied for each player. Players can move to different side of the table after each round.

## (20 Minutes)

### Wacky Races

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet? Can you move backwards?
- What is the quickest way of moving? What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?
- Which way of moving was the easiest and which was the hardest?

### Jumping Dice

- Play with a partner, take turns to roll a dice or numbered object.
- Look at the number you have rolled and then complete the correct jumping exercises:
  - Roll 1: Perform 20 star jumps
  - Roll 2: Perform 20 tuck jumps
  - Roll 3: Perform 20 pencil jumps
  - Roll 4: Perform 20 jumps with a 1/2 turn
  - Roll 5: Perform 20 jumps with a full turn
  - Roll 6 Perform 20 squat jumps
- The first person to complete all of the activities above is the winner.

### Battleships

- With a partner, each player places three targets (battleships) in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed.
- Player are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partners battleships.

### Keep on the Move

- Place 3 pairs of socks, 3 cushions and 3 toys in different places on the floor around your living space.
- Players move around the space in a creative way.
- When a person reaches a pair of socks they jump 10 times. When a person reaches a cushion they hop 10 times. When a player reaches a toy they jog on the spot and count up to 10.
- Can you think of your own movement ideas? Can you move at different levels?

### Topic Run (Subject Based)

- Have some paper on a wall with some questions (these can be subject based e.g. English, Maths, Science, Geography).
- Get the children to stand on the other side of the room away from the paper.
- The aim is to answer the questions on the wall correctly by writing the answer on the paper.
- This can be against each other, individually or a team game.
- On the word 'Go', give the person a way to move towards the paper (run, hop, skip, jump etc).

# Games/Activities

(30 Minutes)

## The Keepy-Uppy Card Game

- Selection of balls and a pack of cards.
- Lay all of the cards face down on a table or the floor.
- Standing behind your ball you must run out and turn a card over.
- The number on the card represents the amount of keepy-uppys you must try to do with your ball.
- You can use any part of your body or just your feet for a challenge.
- You must complete the number before choosing a new card.
- Play against a partner to see who can complete the most cards.
- Use lower value cards for younger children.
- ACE = 11, PICTURE CARD = 10

## Bag the Beans

- Mark out 3/4 areas using tape or objects. Ideally you want them to get further away from where the person will stand.
- Using soft objects such as socks, the person must get the sock to land in the marked areas (each area will be worth different points).
- Give them 5 soft objects to throw to start with if the sock lands in a marked area, the person has the option to run over and 'bag the points' or can continue throwing to build them up. If the person doesn't 'bag the point' and misses on the next throw, all points are lost.
- Give the person a time scale.
- Make them have to travel a good distance to 'bag the points', maybe put a paper on the other side of the room.

## Balloon Keepy Ups

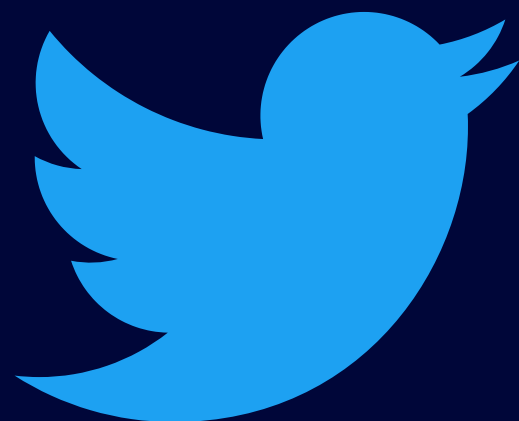
- How long can you keep the balloon off the floor?
  - Can we do it while sitting on the floor?
  - Can we do it on our knees?
  - Can we do it while standing?
  - Can we do it on the move?
- How many times did you touch the balloon in 3 minutes? Can you beat your score?
- In a group,
- Holding hands and trying not to move can we work as a team to keep the balloon off the floor?
  - How many times did the team touch the balloon in 3 minutes?

## Tabletop Tennis

- 2 Players sitting at either end of the table, have a towel or blanket or anything that makes an obstacle acting as a net in the middle of the table.
- They are to bounce the ball back and forth trying to hit/strike the ball off the table at their partners end.
- Players can catch/stop and bounce the ball or return/strike straight away.
- Points can be tallied for each player.
- Different players can play on either end of the table.
- Balls can bounce once or twice on either side of the net depending on how challenging you want to make the game.

## Bear Hunt

- Hide different objects around your home/garden/space.
- Think about in cupboards (safe places), under beds, behind sofas, under tables and any other places suitable for your home.
- Objects could be their toys, teddy bears, blankets, or any other safe objects used on a day to day.
- Whoever finds the most wins the round (treats like snacks will help motivate, mainly fruits and the healthier options).
- If they are struggling,
- Guide them around the house and give them small clues on where the objects may be (show them the objects before hiding so they are aware of what they are looking for).



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