



Don't wake the dragon! EYFS & KS1

Equipment needed - Soft toys or rolled up socks to be your eggs/treasure

How to play - Ask an adult or sibling to pretend to be the sleeping dragon with all its precious eggs/treasure beside them. Try to creep up and steal one item at a time and return to your base without waking the dragon. If the dragon wakes you must freeze so they cannot see you. If the dragon catches you moving, you will have to return back to your base and start again.



Target Challenge KS1 & KS2

Equipment needed - Basket/bucket/box as a target. A dice (download a dice template from our website if you do not have one). 6 objects to throw, this could be balls, rolled up socks or even scrap paper.

How to play - Each number on the dice represents a way to throw your objects

1. Throw over arm
2. Throw standing on one leg
3. Throw over your shoulder
4. Throw under arm
5. Throw with your weaker hand
6. Throw two objects at the same time

Roll the dice and throw all 6 objects in the throwing style indicated. How many did you get in the target? What is your personal best? Can you challenge a family member to beat your score?

Progressions -Increase the distance to the target. Add in more difficult challenges like throw with your eyes closed or throw backwards between your legs! How about replacing the throwing styles for football challenges instead?