



Level 1 Activities

Teddy on the Move

Equipment Needed

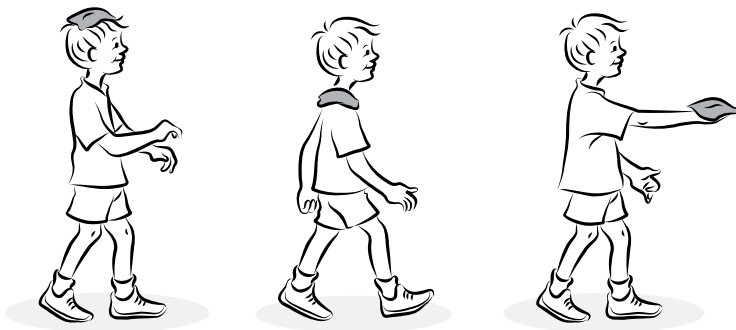
A teddy, a soft toy or a beanbag (Make your own beanbag using a sock filled with some rice. Tie the sock with an elastic band.)

How to play

Can you balance your teddy or beanbag on the following body parts? First, perform the balances while standing on the spot and then while walking around.

palm of your hand | head | foot | shoulder | back of your neck | tummy

You can now make things a bit more exciting for your teddy. Throw your teddy up in the air and catch it with two hands and then with one hand. Throw your teddy up in the air and count how many claps of your hands you can do before you catch it. Try to beat your score!



Adapted from  [PSSI Lesson Plans - Junior Infants/Senior Infants Lesson 1 page 2](#)



Level 1 Activities

Traffic Lights

Equipment Needed

No equipment needed.

How to play

Invite someone at home to join you.


One person calls out directions, while the other follows the actions:

Green: jog or run around the space

Yellow: jump or hop on the spot

Red: stand still like a statue



Adapted from  [Move Well Move Often - Activity Book 1, page 26](#)



Level 1 Activities

Through the Gate

Equipment Needed

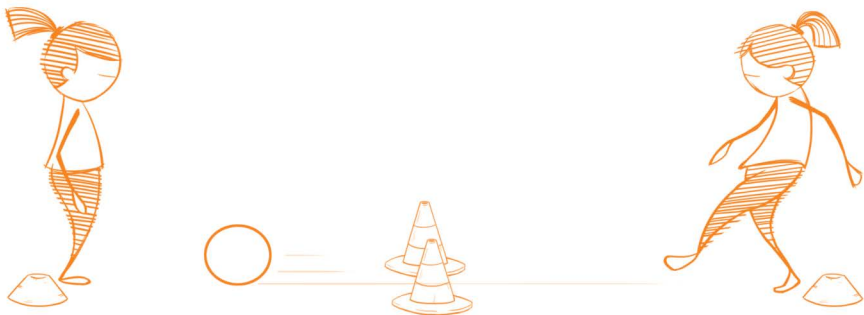
A ball, two cones to outline your gate, (alternatively you could use two cans, bottles or jumpers).

How to play

Set up a gate using the equipment that you have available. Stand with your ball two metres away from your gate. Try to kick your ball through the gate.

To make the game more challenging, stand further away from the gate or decrease the width of the gate.

If you have a partner at home you could try kicking the ball to each other through the gate.



Adapted from  [Move Well Move Often - Activity Book 1, page 178](#)



Level 1 Activities

What Time is it Mr. Wolf?


Equipment Needed

No equipment needed.

How to play

Invite someone at home to be Mr Wolf. They stand with their back to you, at a distance away. You ask the question 'What time is it Mr. Wolf?' If Mr. Wolf says 6 o'clock, take 6 steps towards them. If Mr. Wolf says, 'Dinner time', the wolf turns and chases you.



Adapted from  [Move Well Move Often - Activity Book 1, page 131](#)



Get Creative

Equipment Needed

A cuddly toy, a teddy, or a small ball.

How to play

Using your favourite teddy, cuddly toy or small ball, can you make up a game for different ways of throwing (overarm, underarm) and catching (two hands, one hand) with someone in your house?





Level 1 Activities

Use your Imagination

Equipment Needed

A cuddly toy, a teddy, or a small ball.

How to play

Using your teddy, cuddly toy or small ball, hit an object (for example, a plastic bottle or a cardboard box) with an underarm throw. Can you do it two times in a row? Move five steps back and try it again.

