

## Outdoor Activities-KS1

### Chalk obstacle course.

All you need is chalk. Write out an array of gross motor movements in a sequence, like you would hop scotch. For instance: jump like a bunny x 3, hold tree pose on one side, walk on your hands and feet, jump on one foot, hold tree pose on the other side, jump on the opposite foot, twirl x 2, jump up and try touch the sky x 4.

### Hula hoop race & catch.

This is such a simple activity for kids and it's SO fun. You will need multiple hula hoops. Head to an area with lots of green space, and have the children line up. Holding the hula hoops vertically, roll them with as much force as you can along the ground. Call out each child's name and have them run after the hoop to catch it. Every time they bring back a hoop, throw another one! This is amazing hand-eye coordination practice.

### Sensory scavenger hunt.

Collect items you're sure to find around the park (wood chips, dandelions, leaves, pebbles), attach them to a piece of paper using tape, and have your children look for those items!

### Toy-made obstacle course.

Grab hula hoops, a toy tunnel, cones, and anything else you can think of. Encourage your children to organise the obstacle course in a fun and challenging way.

### Kitchen utensil bubble wands.

Go through a kitchen drawer and collect slotted spoons, fly swatters, spatulas, and anything else that has holes to make bubbles. Make your own bubble solution and then head out to see which utensil creates the best bubbles!

### "Bake" mud pies and muffins.

All you need are some utensils, pans, and imagination

### Even more outdoor activities:

- Learn about the physics of using a slide.
- Make a den with a bed sheet (ask a grown up first!) and chairs
- Go on a nature hunt-collect leaves and create pictures with them
- Build towers with rocks.

Here are a few activities that demonstrate the importance of recycling

1. Build a robot.

Don't throw away the cardboard boxes and yogurt containers! Build a robot with these materials.

2. Make seed paper.

Do this instead of tossing shredded paper in the bin.

3. Play a game.

Play games to help children practice which items can be recycled, and which are waste.

4. Make a bird feeder.

This is one of those activities that demonstrates how much cheaper it is to use recycled materials than to buy something brand new.

5. Paint the recycling symbols.

Practice these symbols through art. This way, kids can easily identify recycling bins out in public.

6. Make recycling bins for the home.

Making small bins that can be kept indoors allows kids the chance to easily sort the rubbish.

7. Try an online game.

There are a few online games where kids can practice recycling in a fun way.

<https://kids.nationalgeographic.com/games/action-and-adventure/recycle-roundup-new/>

8. Pack a waste-free lunch.

Use a recycled container in lieu of items in bags.

9. Read the facts.

Recycling 1 ton of paper can save 17 trees, 7,000 gallons of water, 2 barrels of oil, and 4,000 kilowatts of electricity. The energy that you save can power 1 home for 5 months. What other facts can you find?

10. Watch a video about recycling

A short, child-friendly video can really drive the point home.

11. Make a DIY toy.

Before recycling items, try to repurpose them. A milk jug or a yogurt container can make for really fun ball poppers for kids.

12. Turn newspaper into building rods.

Check out these amazing play structures and tents made from newspaper!

13. Homemade puzzles.

Instead of throwing away greeting cards, cut them up and make a homemade puzzle. Cereal boxes are great for this, as well.

14. Homemade wind chimes.

String and paint old tin cans to make a nice piece of outdoor musical decor.

15. Make a bug hotel!

<https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/build-a-bug-hotel/>

16. Play the recycling sorting game

<https://www.adventure-in-a-box.com/printable-recycling-game/>