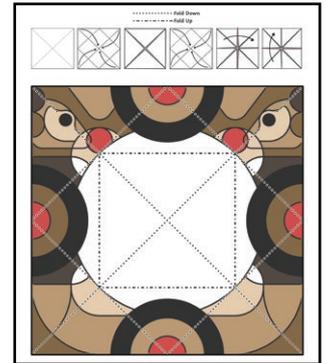


Fundamental Skills: Christmas

Home Learning Activities

Fortune teller Christmas reindeer

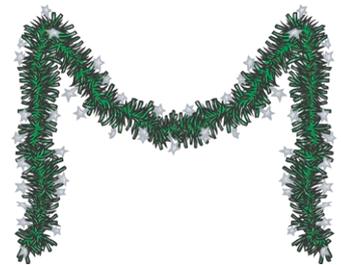
Follow the instructions to make the fortune teller reindeer. Instead of writing different fortunes on the four spaces inside your fortune teller, write out four different exercises, such as star jumps or lunges and get a family member or friend to do it with you.



Christmas limbo

Try using a strand of tinsel instead of a limbo stick.

- Start the tinsel at a height that everyone can limbo under.
- To limbo, you must pass under the tinsel while bending backwards. No part of the body may touch the tinsel and only the feet may touch the ground.
- Progressively lower it until you have a single winner.



Variation

You can make the game a little more challenging by adding a Santa tummy to each person as they take their turn by stuffing a pillow up their top!

Reindeer names

Write out the alphabet with chalk on the ground in large letters. Try putting six letters of the alphabet per row, with 'y' and 'z' on their own at the bottom e.g.

A B C D E F
G H I J K L
M N O P Q R
S T U V W X
Y Z



Try to spell out the eight different names of the reindeer by jumping from one letter to another in order, e.g. D to A to N to C to E to R for Dancer. It might not be possible to reach all the letters with some names but with others, it might! Have a go!

Here are the reindeer names: Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen.

Twelve Days of Christmas Fitness!

Make up your own version of the Twelve Days of Fitness!

- Each number will need an exercise, such as lunges, forward punches or star jumps.
- Start at one and work up to 12.
- Write the exercises in the space provided.
- You will need to do that number of each exercise. For example, if you put lunges next to number one, you will only need to do one lunge.

Make sure you pick very carefully for number 12!

1-
2-
3-
4-
5-
6-
7-
8-
9-
10-
11-
12-

Draw a reindeer blindfolded

Try this game with friends and family members. On a blank piece of paper, have a go at drawing a reindeer head while blindfolded.

You can use the picture on here to memorise. There are seven different parts to the picture. For each part that is drawn correctly and is roughly in the correct place, receive a point. For each part that is not in the correct place, do a forfeit, such as press-ups, sit-ups or jumping jacks!

