



Activity Sheet Five : this week we are thinking about counting things whilst they are in the air!

Try these fun activities with your family. Having fun whilst being active is very important. You can compete with yourself & each other if you want to, but enjoying the activities is the main thing.

Perhaps you could record yourselves doing the activities & share the clips with your friends & family if your parents/carers are happy for you to do so?

Safety- try to move anything that you could break or trip over out of the way. Make sure your shoe laces are tied up & you have a drink ready.

Bubble popping challenge : You will need a bottle of bubbles. You could try this on your own but it would be even more fun with more people.

- *One player blows the bubbles into the air
- *The other player tries to pop as many bubbles as they can. Count how many bubbles they pop.
- *Take it in turns to blow & pop



How to make this activity harder :

- More players popping at the same time
- Play outside in the breeze
- Pop using only one hand
- Pop using your non-dominant hand (the hand you don't draw or write with)
- Do you have something you could try to hit the bubbles with? (Be careful you don't hit anyone else by accident!)
- Use a bubble machine if you have one.

Balloon 'keepy uppy' challenge : You will need a blown up balloon. You could try this on your own but it would be even more fun with more people.

- *Sit on the floor. Knock the balloon up into the air. See you many times you can knock it up before it touches the ground.

How to make this activity harder:

- *Use two balloons at the same time



*Stand up

*More than one player- don't let the same player knock the balloon twice in a row

*Use a beach ball