

Outdoor Activities

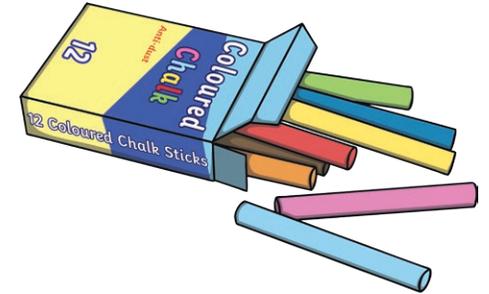
for Pre Handwriting Skills



Outdoor Activities for Pre Handwriting Skills

Chalk It!

In an outdoor space, use chalk to make big patterns! Chalk wavy, curly, zigzag lines, numbers, letters. Can you then hop, walk or skip over the lines you have chalked?



Outdoor Activities for Pre Handwriting Skills

Wonderful Walking

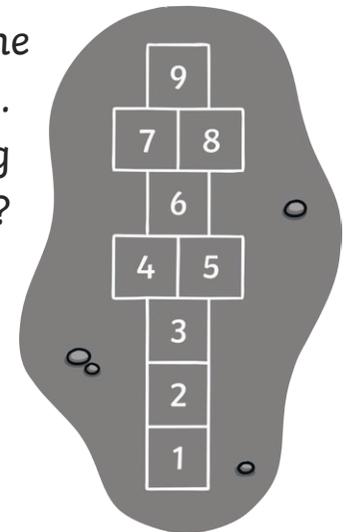
In a large space see how many different ways you can walk - forwards, backwards, eyes open, eyes closed, sideways, on tiptoes, heel-to-toe and then take giant steps or fairy steps!



Outdoor Activities for Pre Handwriting Skills

Hop to It

Chalk a hopscotch frame on the playground or outdoor space. Make big jumping and hopping movements. What can you score?



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Super Sand

Play in the sand pit.

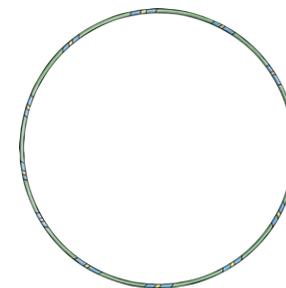
- Can you sift sand through your fingers?
- Can you move sand from one hand to another?
- Can you build sandcastles, and knock them down?
- Can you transfer sand between different containers?

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Obstacle Course

Can you use different equipment – hoops, bean bags, skipping ropes, balls, benches, cones to make your own obstacle course?

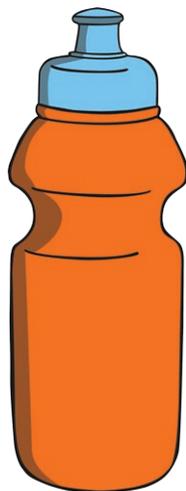


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Wonderful Water

How many different patterns can you make on the playground using a water bottle?



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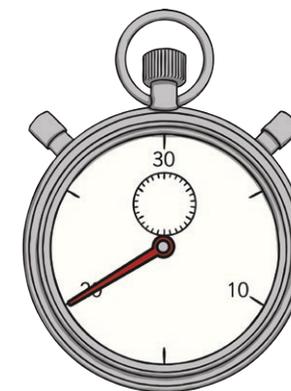
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Beat It!

Time how long it takes you to run, hop, skip, side step, gallop and march across a space.

Can you beat your time?

What other ways could you try and move around?



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Blowing Bubbles

Use a set of bubbles to blow as many bubbles as you can. Can you use your finger to pop the bubbles? Can you catch any bubbles?



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Peg it Out!

Wash a set of small clothes, scarves or fabrics. Use a washing line and pegs to peg the washing on the line. How many pieces can you hang out?

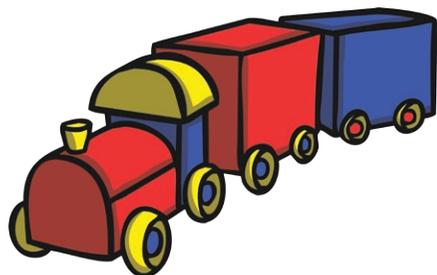


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Making Tracks

Use small vehicles such as trains, cars, buses, roll the wheels in water or outdoor paint. What different tracks can you make?



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Easy Squeezy

Soak sponges in water and then:

- wash different equipment such as tables, cars, dolls and bricks and other toys;
- use a measuring jug and see how much water you can squeeze out of the sponge;
- squeeze water into different containers, then move the water around.

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Brilliant Ball Skills

Use balls of different sizes to bounce, throw, catch, roll, kick, score goals, dribble or dribble around cones!



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Perfect Patterns

Use a large outdoor tray filled with sand or cornflour and water. Use paintbrushes, glue spreaders, feathers, pipe cleaners, spoons and toothbrushes to make patterns.



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Sort It!

Use a set of coloured bean bags, leaves or toys to sort the correct colours. Use your hands to move the objects. If the objects are small, use big tweezers to move them from one plant pit to another!



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Totem Pole

Make a totem pole using cardboard tubes threaded on to a broom handle. Decorate your cardboard tubes with different pens, pencils, crayons and chalks.



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