



# **Busy Builders Activity Pack— for KS1 children to build and move**





**Aim-** The activities concentrate on the development of locomotion, object control and stability, as well as helping children develop their wider skills, values and abilities in the creative, cognitive, social and personal domains.

The Busy Builders Activity pack has been designed to:

- build and develop children's' fundamental movement skills.
- provide activities to do at home using every day toys
- children can involve family members and siblings

**Organisation and timing**

Use any space you have available at home. Activities can cover as much space as possible. Children can spend as much time on each activity as they wish.

Try them as races

Time each other

Repeat them

Change it each time



**Activity 1**  
**Build Something**

**Activity 2**  
**Colour Collecting**



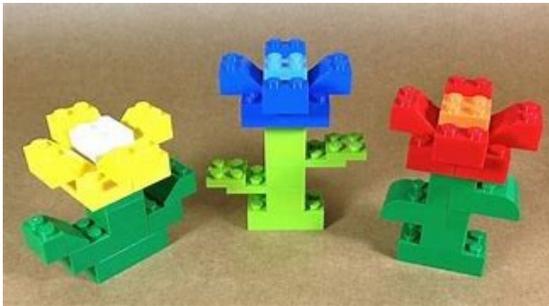
**Busy Builders**  
**Activity Plan**



**Activity 3**  
**Shape Sorting**

**Activity 4**  
**Making Patterns**

**Activity 5**  
**Create your own!**





# Activity 1– Build Something



## Task

Make a model by doing a relay. Take one piece at a time from your base to the build site.

## How to do it

- Decide what you are going to make
- Find all the pieces and put them at the start– picture 1
- Take the first piece to the build site, place it down and run back– picture 3.
- Repeat with the next piece and add it to your model.
- Keep doing until the model is finished– picture 2

## What do you need

- Building blocks
- An idea of what you are building

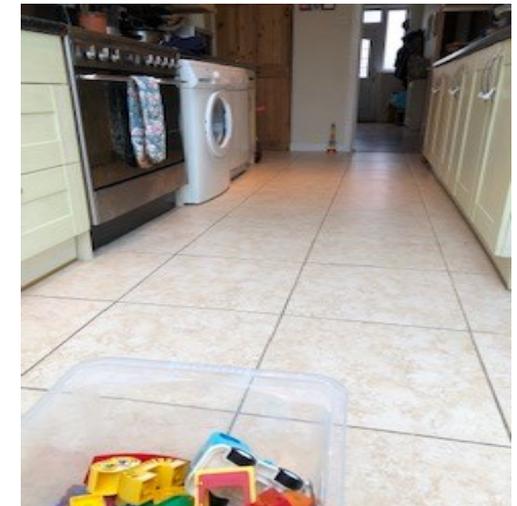
## Tips

Choose something easy to make to start with it can

Picture 1— the pieces needed. Picture 2– the finished rocket



Picture 3— activity set up





# Activity 2– Colour Collecting



## Task

To sort all the pieces into different colours

## How to do it

- Place the pieces in the middle and some bowls to collect the pieces in a short distance away. Picture 1
- Decide which colour is going in which bowl.
- Take one piece out of the box in the middle and place into the corresponding bowl. Picture 2
- Keep going until the box in the centre is empty.

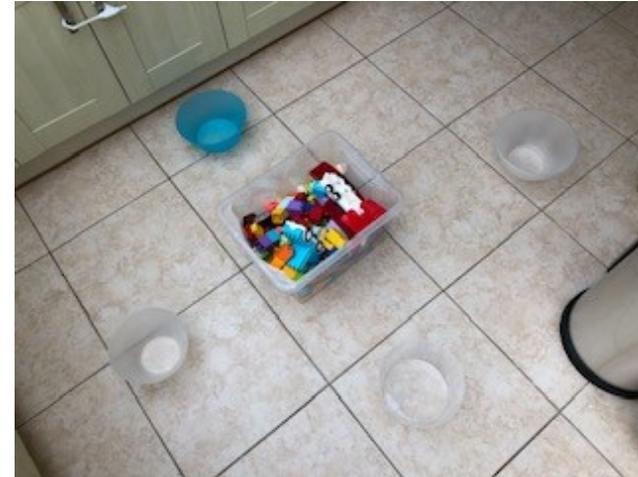
## What do you need

- Building blocks
- Bowls to put the different colours

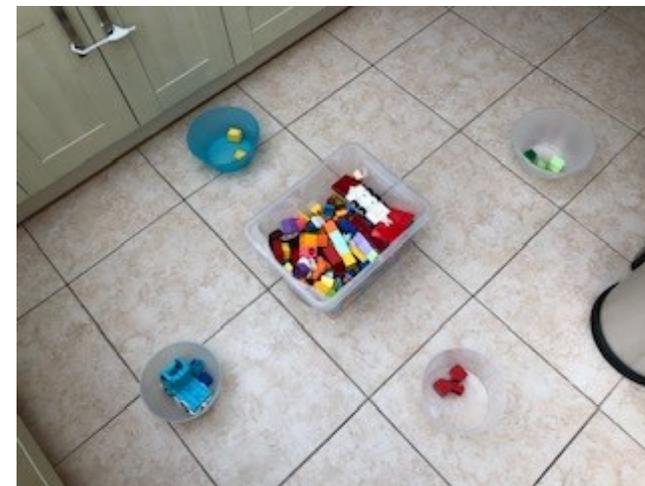
## Tips

You may have more colours than places to put them decide which colours will go with each other eg maybe blue and purple could go together

Picture 1- set up the activity like this



Picture 2- part way through





# Activity 3– Making patterns



## Task

Create a pattern of your own choice.

## How to do it

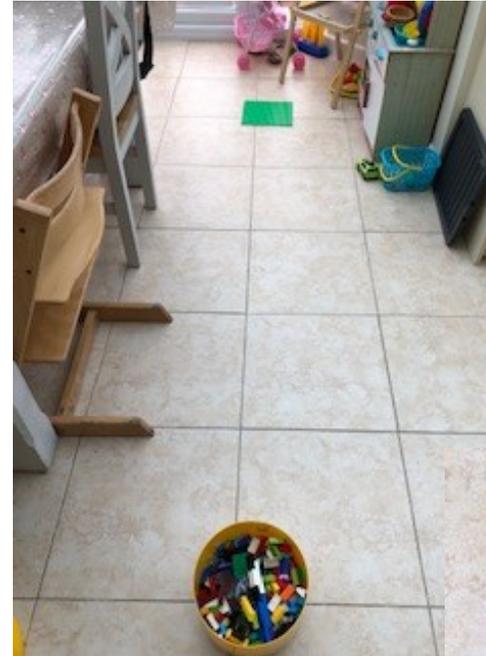
- Decide what the pattern will be eg an order of colours or shapes. and how many pieces it will have in it.
- Find all the pieces and put them at the start- Picture 1
- Take the first piece to the build site, place it down (either on a base plate or the floor) and run back.
- Repeat with the next piece and place it next in the pattern. You can build up, or along.- Picture 2
- Keep doing until the pattern is finished.

## What do you need

- Building blocks
- Base plate– optional

## Tips

Make sure the pattern repeats itself and isn't too tricky.



Picture 1– the set up

Picture 2- the pattern part way through





# Activity 4– Shape Sorting



## Task

To sort all the pieces into different shapes

## How to do it

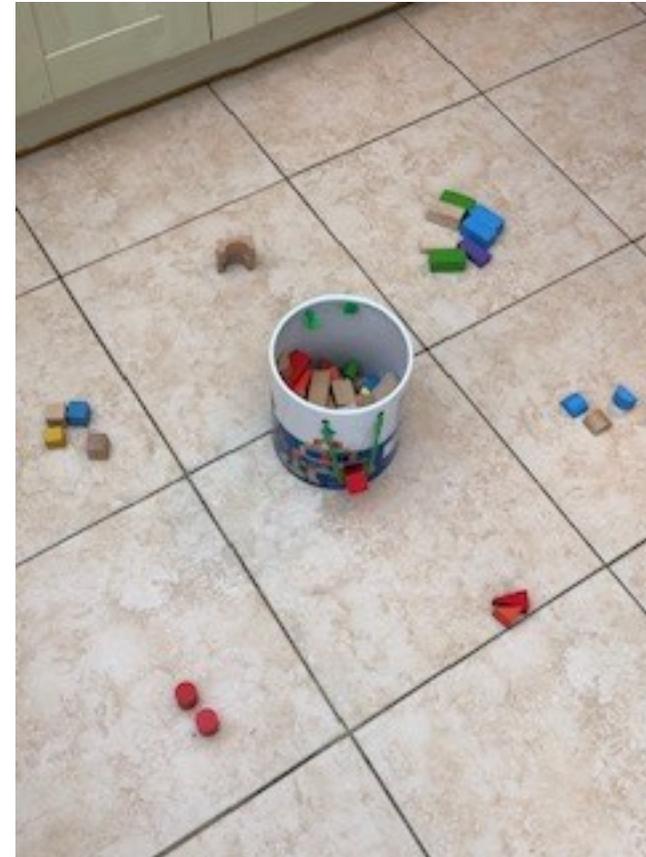
- Place the pieces in the middle and one type of each shape a short distance away.
- Take one piece out of the box in the middle and place into the corresponding bowl.
- Keep going until the box in the centre is empty.

## What do you need

- Building blocks
- Bowls to put the different shapes in if you want to.

## Tips

Look through your shapes and see how many different types you have before you start sorting





# Activity 5– Create your own



## Task

Make your own busy builders game

## How to do it

- Its completely up to you.
- Think of any game you could play with building blocks.
- Make sure it includes moving around

## What will you need?

- Building blocks
- Clear space
- Anything else your task involves.

## Tips

Get your family or siblings to join in.

Why not tell your friends.





# Adaptations

A few suggestions of changes you could make to make activities harder or easier and for a bit of variety.

|                  |  |
|------------------|--|
| <b>Space</b>     | Make the area bigger to increase the moment of exercise                    |
|                  | Make the area smaller to focus more on fine motor skills                   |
|                  | Safety- Try to make sure you clear the area you are using for the activity |
| <b>Task</b>      | Time the activity to encourage children to move faster                     |
|                  | Make the object children have to build more complicated                    |
|                  | Look for designs of what to build online                                   |
| <b>Equipment</b> | Use larger building blocks for gross motor skills eg duplo or mega blocks  |
|                  | Use smaller building blocks for fine motor skills eg lego or wooden blocks |
|                  | Try every day household objects as well eg plastic cups                    |
| <b>People</b>    | Include siblings or family members   |
|                  | Video call to friends and play at the same time                            |
|                  | Share with or demonstrate to family members                                |



# Busy Builders

Name..... Year Group.....

| Activity               | Number of building blocks used | Time taken |
|------------------------|--------------------------------|------------|
| 1<br>Build Something   |                                |            |
| 2<br>Colour Collecting |                                |            |
| 3<br>Making Patterns   |                                |            |
| 4<br>Shape Sorting     |                                |            |
| 5<br>Create Your Own   |                                |            |
|                        |                                |            |
| <b>Total Time</b>      |                                |            |



# Share with us



Let us know what you enjoy doing.

Share any pictures with us:

@SGO\_Bournemouth

@DorsetGames

Enjoy!

