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### We're going on a nature hunt...

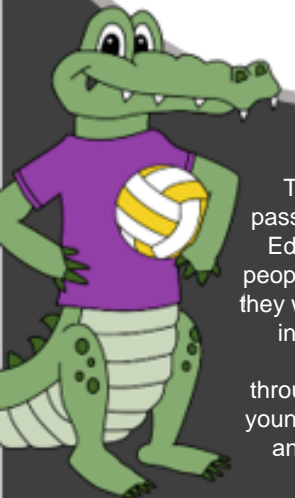
Go for a walk in a 'green space'. This could be a park or a wood near to where you live. Ask someone that you live with to go with you.

As you walk in the 'green space' look around for all of the different colours in nature that you can see.

Can you collect natural items whilst you are on your walk? Make sure that you check with your adult that it is safe to do so, and don't pick anything that isn't already lying loose on the ground.

You could take photographs of all of the different colours that you see instead.

Could you use your collected items or photographs to make a 'colour in nature' picture or piece of art?



The PE at Home team are passionate about using Physical Education to empower young people and develop key attributes they will need to thrive in the world in which we live. We will be focusing on key themes throughout our resources to give young people a sense of purpose and identity in today's world.

### Mud, Mud, Glorious Mud!

You will need a pair of wellies or old shoes and warm clothes that you can get wet and muddy for this activity.

When was the last time you went out and got really muddy or splashed in puddles? It doesn't matter if you are 4, 14, 44 or 84, messing around in mud and water is great fun!

If you are able to go with your family, have a little adventure in some green space near to your home. See who can find the deepest puddle, the longest puddle, the muddiest puddle and make the water splash the furthest out of the puddle!

Make sure that all adults are happy and that you are safe.

Who doesn't love "jumping up and down in muddy puddles? Splish, slash, splish, splash, splosh!"

### Picture Perfect Patterns

You will need some paper and wax crayons or coloured pencils for this activity.

Go for a walk in the area around where you live, and take your paper and crayons with you.

Can you find some interesting patterns on the objects and landmarks in your area?

This could be the front of a letter box, or a paving stone for example.

Use your crayons to make rubbings of lots of different patterns. How many can you find?

When you get home, can you make some artwork with your rubbings?

## KEY THEME: NATURE

There can be many different benefits of outdoor activity for young people and families:

- Development of social skills
- Improved motor skills
- Increased self-awareness
- Increased appreciation of the environment
- Using all 5 of the senses
- Improvement in health and wellbeing

The PE at Home team encourage you to enjoy half term and we hope you enjoy our suggested activities!

### Let it snow, let it snow, let it snow!

You will need it to snow for this activity! The PE at Home team have requested snow over half term, so fingers crossed!!

If there is enough snow, it is safe and you are socially distanced, can you:-

- 1.Sledge down a big hill and get your parent or guardian to do it too (you can use a plastic bin liner if you don't have a sledge).
- 2.Have a big snow ball fight with a family member(s) working on throwing, catching, accuracy and fun! Make sure you are all at a safe distance.
- 3.Build the biggest snowman you have ever seen. Can you make a head, middle and body or can you give it the biggest body ever?
4. Make snow angels, just because you can.

### Den Builder!

Ask someone that you live with to take you to a park or wooded area near to where you live.

Can you find an area where there are lots of loose twigs, sticks, small branches and leaves on the ground.

Can you use these to build a den? Can you build a den big enough for you to sit in?

If you haven't got a wood nearby, go for a walk near where you live or look in your garden, if you have one, and collect lots of very small twigs, sticks and leaves.

Use these to build a very small den for a tiny creature such as a mouse.