

# CHRISTMAS

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## STAYING SAFE

- Remain in bubbles for these activities.
- Wash hands before and after doing activities.
- Where possible, individuals should keep the same equipment throughout the activities.
- All equipment should be cleaned and sanitised before and after the activities.
- Physical contact should be avoided where possible.

## HOW TO USE THIS ACTIVITY CARD

- Take a look at the Christmas themed activity ideas.
- Select a few activities that you think could be suitable for your class / bubble.
- Set up the activities in a safe space and have a go.
- If you can safely do so, you may wish to set the activities up as a circuit with festive music. When the music stops, young people move to the next activity.

## SNOWBALLS

- Grab some beanbags / balls / balloons. These are your snowballs.
- Set up some targets (cones / skittles) on a raised surface.
- Try to hit the targets with your snowballs from different distances.



## HOW TO ADAPT THIS ACTIVITY

- Use a ramp to propel the snowballs.
- Move closer to or further away from the targets.

## SANTA'S BAG THROW

- Working with a partner, one person holds a large bag or bucket.
- The other person tries to throw as many "toys" (beanbags / quoits / noodles etc) as possible into the bag or bucket.



## HOW TO ADAPT THIS ACTIVITY

- Try dropping the "toys" into a hoop instead.
- Increase or decrease the distance between the pair.

# CHRISTMAS

## CHRISTMAS JUMPER

- Can you jump around for 30 seconds?
- What different types of jumps can you do?
- Try hopping or do some star jumps.
- It's your chance to be creative!



### HOW TO ADAPT THIS ACTIVITY

- Try to raise your arms or legs up and down from a seated position (in a chair or on the floor).

## FROZEN DANCERS

- Put on some fun, festive music.
- Chose a leader who creates their own dance moves for everyone to follow.
- Every so often, the leader becomes frozen in the winter chill!
- When this happens, everyone else must also freeze.



## SKI SLALOM

- Set-up two identical slalom courses with some cones or markers.
- Split the group in to two teams.
- One at a time, each person in a team must weave in and out of the cones / markers on their course, before returning for the next person to go.
- Which team can complete the slalom course first?
- You could try pretending to ski as you go by moving both arms back and forth in time or moving in a tucked position.



### HOW TO ADAPT THIS ACTIVITY

- Move through the slalom course in a way that suits you and your ability.
- A member of staff can act as a guide to support young people through the slalom course.
- Place the cones / markers closer together to make it harder, or move them apart to make it easier.



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## SANTA'S HELPERS

- Place a hula-hoop ("Christmas tree") in the middle of a large space. Then set up four team bases equal distance from the "Christmas tree", by placing down a marker and another hula-hoop. You may wish to use a different colour for each base.
- Place 10 – 20 soft items such as beanbags, quoits, soft balls in the hula-hoop at each of the four bases ("presents").
- Create four teams of "Santa's Helpers", who must then base themselves behind their base marker.
- When a staff member calls "It's Christmas Eve!" each team member must take one "present" at a time and place it in the central hula-hoop, under the "Christmas tree". Once each team member returns to base, the next team member can take a "present" to the "Christmas tree".
- Which team can place all their "presents" under the "tree" first?



### HOW TO ADAPT THIS ACTIVITY

- Move in a way that suits you and your ability.
- "Presents" can be placed on a raised surface (such as a chair or table) at the base and/or at the "tree" to allow for easier access.



## WINTER OLYMPICS

- Try these Winter Olympic events from your chairs.
- Project the videos on to a screen and try the suggested movements.
- Sit up as straight as possible in your chair.
- Lean left and right through the course in time with the video.
- Ensure you stay sat on your chair.

[DOWNHILL SLALOM VIDEO](#)

[BOBSLEIGH VIDEO](#)

### HOW TO ADAPT THIS ACTIVITY

- Make the activity harder by lifting your hands and/or feet in the air.





# CHRISTMAS

## TEST THE TOYS

- Place a variety of safe physical education equipment in a clearly marked, safe area.
- Allow young people to try out the equipment and be creative with it.
- You may wish to use this as a sensory activity, allowing young people to try out different types of sensory equipment.
- ***A member of staff should ensure that the equipment is always used appropriately and safely.***



## ICE HOCKEY SHOOTOUT

- Set up a goal with cones. You may wish to use different coloured cones to indicate different scoring zones.
- Using plastic hockey sticks and a soft, sponge ball, see how many points or goals you can score.

### HOW TO ADAPT THIS ACTIVITY

- Move closer to or further away from the goal.
- Try rolling the ball down a ramp rather than hitting the ball with a hockey stick.



## ICE KOOL KURLING

- Dig out the Kurling kit bag and play some fun Kurling games.



[CLICK HERE TO CHECK OUT THE SENDactive KURLING ACTIVITY CARD WITH LINKS TO CHALLENGE VIDEOS](#)



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