

Week 2 – 5 Star Families

Children and parents today have taken part in a physical and healthy session with some competitive games. I first went through a recap of last session, with what was achieved and what information was covered. We then went out to do some physical activity.

Parents and children then participated in a physically active session. I first set a challenge for parents to compete against children. They played a game called cups and domes, where parents were the domes and children were the cups. They had to flip the cones relevant to what team they were, the team with the most at the end would win. Parents and children enjoyed this activity. They then played some target games in tri-golf and archery. Children were paired with their parent to compete against others in tri-golf first, playing a game called finders keepers where they had to try and hit as many cones as possible and retrieve the ones they hit. Once all the cones had disappeared, the team with the most points won. We then moved on to archery, where parents and children first had a practice after demonstration. They then took part in a competition which involved 6 turns, 3 for the child and 3 for the parent, the score which they hit on the board for their turns were totalled up. Children and parents enjoyed participating in these active games!

Children and parents then were addressed with the “cooking” topic of the afternoon, making healthier choices with pizza. They were given a task of creating a pizza with their parents, using pitta wrap. Children also remembered the cutting skills from the week prior to chop vegetables up on their chopping board.

