



12 ACTIVITIES OF 'BOOSTMAS'

Supporting the LRS Daily Boost December

1st December – 15th December

We're delighted to re-introduce you to our Christmas themed activity programme designed to 'Boost' pupil activity levels during the festive period across Melton, Belvoir & South Charnwood.

Things to know

- There are 12 activities each school can take part in
- The focus of this event is participation
- How you coordinate this in your school, is entirely up to you
Each year group could take part in every activity or you could select certain activities for each year group
You could have every child take part, or just a select group. We want to give you as much freedom as possible with this event to get the most schools involved
- There are a mix of indoor and outdoor activities
- Share photos and updates with us using Twitter handles **@MeltonBelvoir** & **@SouthCharnwood**
- Please return all monitoring forms to us by **Friday 15th December**

We hope you enjoy taking part and can't wait to see how you get on with each of the activities.

If you have any queries, please don't hesitate to get in touch,

Aaron & Clare



ACTIVITY 1 – SNOWBALL TARGET THROW

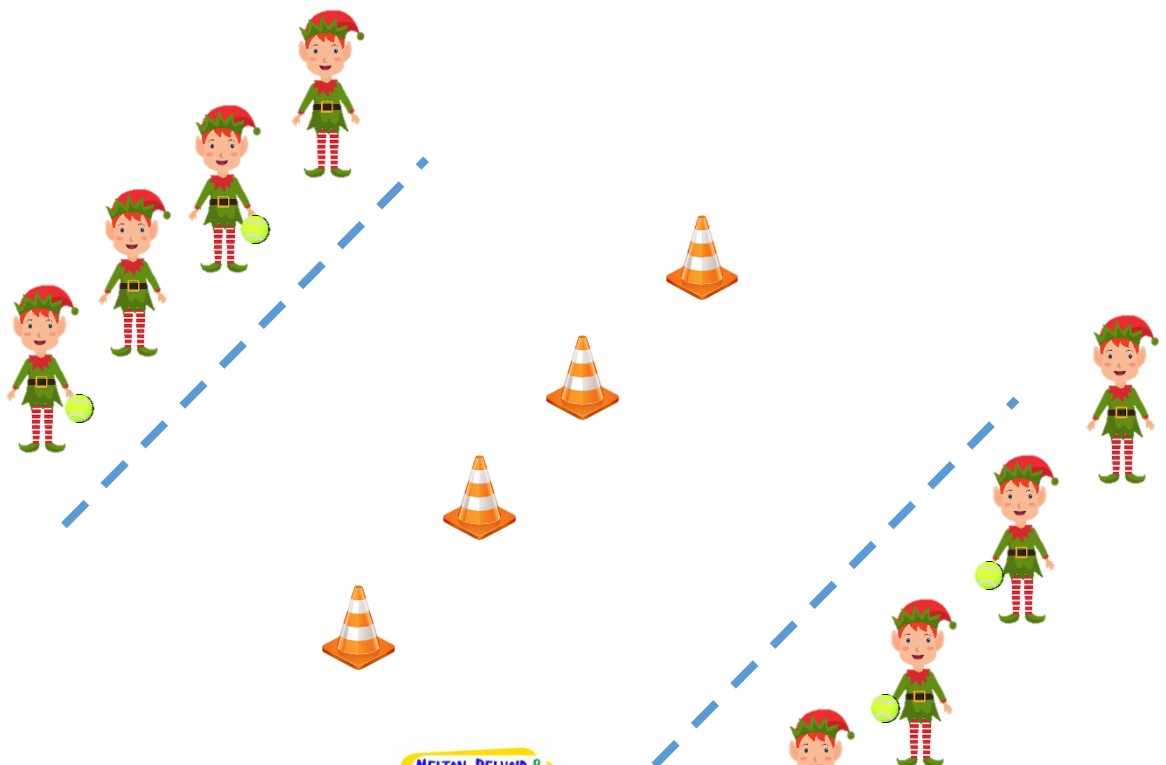
The Elves are gearing up for a snowball fight and to make sure they perform at their best, they first need to get in some target practice!

What you'll need: Balls for throwing (you can make it harder with smaller balls)

Tall Cones

Space: Indoors or Outdoors

How to play: Set up the game similar to the image below
Split your class into equal teams
How many cones can your team hit from your starting line in 5 minutes?





★ ACTIVITY 2 – CHRISTMAS QUIZ ★



In order to become one of Santa's Elves, you need to know EVERYTHING about Christmas. Today you will be taking part in Santa's Christmas Quiz to see whether you can pass the test and become one of Santa's Elves.

The answer to each question is 'True or False'. Please stand up (or go to one side of the room) if you think the answer is true, please sit down (or go to the other side of the room) if you think the answer is false.

If you get the answer wrong, you will have to do a forfeit! *E.g. star jumps, press ups, sit-ups, high knees, lunges, heel kicks, jumps, etc.*

- 1) Santa has 8 reindeers, true or false? *False he has 9!*
- 2) There are 365 days in the year, Christmas day falls on the 360th day of the year, true or false? *False, 359th day!*
- 3) Santa Claus is also known as St Nicholas, true or false? *True!*
- 4) In the animated film The Snowman, the snowman's scarf is green, true or false? *True!*
- 5) In Charles Dickens 'A Christmas Carol', Scrooge's famous saying is Bah BUG HUM, true or false? *False – bah hum bug!*
- 6) In the song, 12 days of Christmas, my true love gave to me 8 ladies dancing, true or false? *False – 9 ladies were dancing, 8 maids are milking!*
- 7) Traditionally at a Christmas dinner some people eat sausages wrapped in bacon. These are called pigs in blankets, true or false? *True!*
- 8) A male turkey is called a hen, true or false? *False, a female turkey is called a hen!*
- 9) Santa's workshop is in the South Pole, true or false? *False – North Pole!*
- 10) In the movie, 'The Grinch', The Grinch can't enjoy Christmas because his heart is too small, true or false? *True!*
- 11) Australia celebrates Christmas morning before the UK, true or false? *True!*
- 12) In the movie 'Elf', Buddy the Elf's four main food groups are Candy, Ice Cream, Syrup and M&Ms, true or false? *False - Candy, Candy Canes, Candy Corns and Syrup!*



ACTIVITY 3 – SANTA'S STATUES

It's Christmas Eve and you are visiting every house to deliver your presents.

You have Santa's magical headphones on that play music when it's safe to move in each house! When the music stops, you must freeze like a statue to make sure that you don't get caught!

What you'll need: Speaker to play music

Space: Indoors



If you get caught, you must quickly run away! Run on the spot for 10 seconds!



ACTIVITY 4 – BLITZEN'S BALANCE

To be one of Santa's reindeer, you must have good levels of fitness, strength, and most importantly, BALANCE. Blitzen practises 5 simple moves every day, to ensure her balance is on point! Today, she wants you to test your balance to see if you have what it takes to become a reindeer!

Below you will see Blitzen's 5 Balances, see if you can hold each one for 30 seconds on each side!

Space:

Indoors





ACTIVITY 5 – FESTIVE FORMATION

You are one of the Elves working in Santa's Workshop. They have lost the register and the Head Elf needs you to get into order quickly and quietly whilst standing on the workbench.

What you'll need: Bench
Space: Indoors or Outdoors

You have to try and get yourself in formation, as quickly as possible, without talking and without falling on the floor! You must complete each formation in 1 minute! The Chief Elf wants you ordered in the following categories (one at a time):

Birthday

Shoe Size

Height

Number of siblings

Letter of the alphabet that your first name begins with (e.g. A for Alex would be

before B for Ben)





ACTIVITY 6 – CLEARING THE RUNWAY

The Christmas presents are packed and ready to go on the sleigh. The reindeers are in position and Santa is 5 minutes away. However, the runway is full of snow and needs to be cleared!

What you'll need: Objects to act as snow, e.g. balls, bean bags; cones to split the area into 2 halves

Space: Indoors or Outdoors

How to play: The runway is split into 2 halves with cones.
Split your class into two halves. Each team will be in one half of the area.
In your team you must try and clear all the snow in your area.
The team with the least 'snow' in their area after 1 minute wins a point.
The team with the most points after 5 minutes wins the game.





ACTIVITY 7 – SNOWBALL FIGHT

It's been snowing all day and school has finally finished for the end of term.

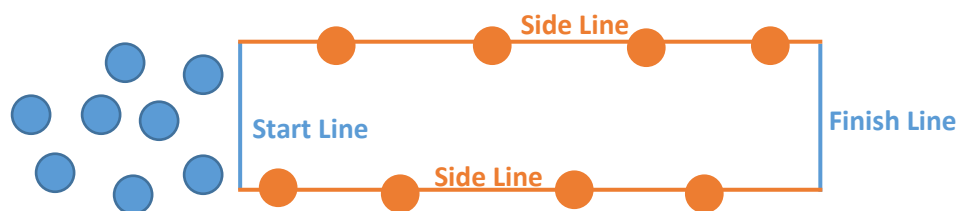
Which only means one thing, SNOWBALL FIGHT!

What you'll need: Dodgeballs to throw. Cones to mark out the 2 areas.

Space: Indoors or Outdoors

How to play:

- Split into 2 teams. 1 team are the Snowball Dodgers. 1 Team are the Snowball Throwers.
- Mark out an area with a start and finish point for the Dodgers. Mark out 2 sides where the Throwers will position themselves (see below).
- Dodgers have to try and cross the playground without getting hit but the oncoming snowballs (dodgeballs) thrown by the Throwers.
- The throwing team are trying to hit the Dodgers as they cross, in order to win points.
- 1 point is awarded to the Throwing team if the Dodgers get hit.
- If a Dodger gets hit, they continue playing the games. The Dodging team will cross the playground 5 times before they swap positions with the Throwing Team.
- The team with the most snowball hits after their 5 attempts wins the snowball fight.





ACTIVITY 8 – ESCAPE THE GRINCH

The Grinch has caught you knocking on his door at the top of Mt. Crumpit.

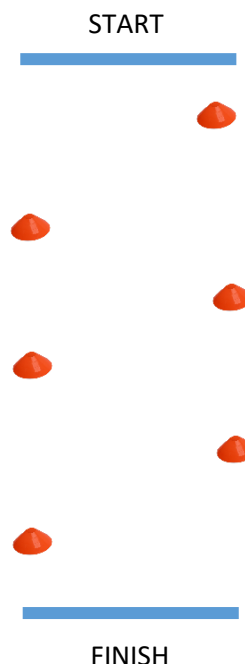
You and your friends must run back down to Whoville as quick as possible through the ski slalom testing your agility.



What you'll need: Small cones

Space: Indoors or Outdoors

How to play: Set up a long zig-zag relay course
Split your class into 2 teams
How quickly can your team all get to the bottom of the hill?
Each runner must wait until the runner in front gets to the bottom before the next one goes





★ ACTIVITY 9 – TURKEY TENNIS



It's Christmas day and you've just got the turkey out the oven, "OUCH! It's roasting hot!" Don't let the turkey drop on the floor! Keep tapping it up in the air until its cool enough to hold.

What you'll need: 1 balloon per player

Space: Indoors

Round 1 – Players try and keep their balloon off the ground for 1 minute.

Round 2 - Get into pairs. Try and keep both balloons off the floor for 1 minute

Round 3 - In threes, try and keep all 3 balloons off the floor for 1 minute

Round 4 – In fours, try and keep all 4 balloons of the floor for 1 minute

Round 5 – As a class, try and keep all balloons off the floor for 1 minute



★ ACTIVITY 10 – RUDOLPH'S RELAY ★

Rudolph has challenged Comet to a relay race!

Team Rudolph have set up a course and the race is about to begin...

What you'll need: Some imagination to create the relay race of your own design.

Space: Indoors or Outdoors.

How to play: Split your class into Team Rudolph and Team Comet

The activity will need to be in a relay style, e.g. 1 person at a time completes the lap and returns back to the start before the next person in the team goes.

See who the fastest reindeer team in town is.

Losing team must do an active forfeit.





ACTIVITY 11 – PACK THE PRESENTS

It's Christmas Eve, and you need to pack the presents onto the sleigh as quick as possible! Santa has four workshops in total, and they all have presents that still need to be wrapped. Therefore, only one elf can go to the sleigh at a time with one present!

What you'll need: Cones to mark out the workshops and sleigh. Objects to act as presents, e.g. balls, cones, spots, bean bags etc.

Space: Outdoors or in a hall.

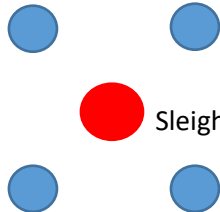
How to play: The Sleigh is in the middle of the four workshops (see below)

Each workshop has their same amounts of presents.

The elves in the workshop that unpacks their presents into the sleigh the fastest wins the first game!



Workshops



Sleigh



Now all the presents are packed onto the sleigh, Santa must deliver them to each house.

In your teams, you must go one at a time to the sleigh and pick up a present to take to your house. The team with the most presents in their house at the end of the game wins the second game!

The presents are under the tree at our four different houses, but we have some naughty children in our midst! You have one minute to steal as many presents as possible from the other 3 houses.

Only one member from each house can go at a time. The team with the most presents in their house at the end of the minute wins the third game!



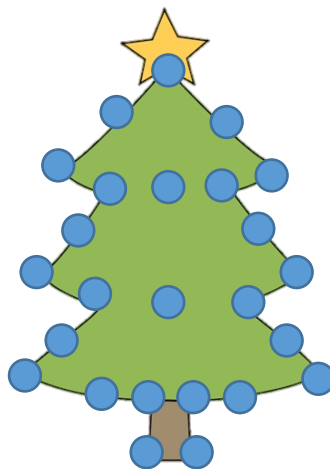
ACTIVITY 12 – DECORATE THE TREE

It's come to that time of year where you and your family decorate the house with Christmas decorations. Your family, however, want to get your tree up and decorated before the rest of your neighbours do! You and your team will have to work together to ensure that you decorate your Christmas tree as quickly as possible, to be the first decorated house on your street!

What you'll need: Cones in a Christmas tree formation (see below), balls to put on top of cones (tennis cones, bean bags, soft foam balls etc.)

Space: Outdoors.

How to play: Divide your group up into teams of 3, 4 or 5, these will be acting as families. Set up the activity area, as seen in the picture below for each family. Divide your group up into teams of 3, 4 or 5, these will be acting as families. They start with all the decorations (balls, beanbags etc.) at their start point. They take it in turns to take the decorations to the cones to decorate the tree. Only one person can go at a time, with one decoration at a time. The first team to decorate their tree and make it back to the start line wins.



 Starting Point