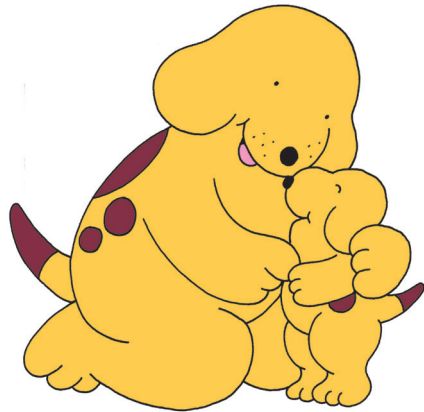


# Spot on the farm outdoor activities



Get up and about with your family at home with these activities inspired by the *Spot* books by Eric Hill.

## You will need

- An open space, garden or backyard
- 10 plastic cups, bowls or Tupperware boxes
- Two footballs or large beach balls
- A stopwatch or a smartphone with a stopwatch app



## Introduction

Welcome to Spot's farm! This is where Spot's Dad works on his tractor and Spot plays with his friends.

## Stretches

Before we begin exploring the farm, let's get warmed up with some stretches:

- Butterfly stretch - sit on the floor with soles of feet touching and lean forwards. How close can you get your nose to your feet?
- Balance on each leg - hold your ear if you wobble!
- Circle your arms around like a windmill - can you circle them in opposite directions?
- Touch your toes - how close can you get with your legs straight?
- Reach for the sky - how tall can you stretch with both feet still on the ground?

## Activity one

*"Look!" says Spot, "there's my Dad on his tractor!"*

Spot's Dad needs help sorting out the carrot patches on the farm. It seems like someone has been turning all the carrots upside down when nobody is looking. Can you help Spot's Dad?

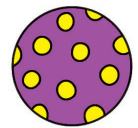
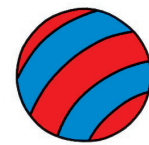
## Instructions

- Set out 10 upside-down plastic cups, bowls or Tupperware boxes around the garden – these are your 'carrots'
- Set a timer for 90 seconds
- Ask the children to run around the 'carrot patch' and turn the cups the right way up
- Chase after them and turn the carrots the wrong way round
- How many carrots are the right way up when the timer sounds after 90 seconds?

## Activity two

Spot is challenging his friends to a kick-about down on the farm.

*“Let’s practise our football skills before the big match – but watch out for those carrots!”*



### Instructions

- Split the carrot patch into two straight lines of five evenly-spaced cups, bowls or Tupperware
- Grab two balls and ask your child to weave it in and out of the carrots and back again via the second line of five carrots.
- Once everyone has had a turn dribbling the ball, practise passing the ball to each other
- Make sure you avoid the carrots! If the ball hits a carrot, children should do a forfeit, such as jumping up and down with their hands on their heads for 10 seconds.
- Finally, grab another ball and race one another in dribbling the balls in and out both lines of carrot patches without squashing the carrots. If a carrot is hit by the ball it must be turned upside down.
- Whoever has the highest number of carrots the right way up is the winner.

## Activity three

It’s time for the great penalty shoot-out!

### Instructions

- Pick up all the cups apart from two and create a space of at least 1.5 metres between them. These will be your goalposts
- Take it in turns in being the striker and the goalkeeper
- As the striker, you should try and kick the ball between the goalposts
- As the goalkeeper, you must stand between the goalposts and try and save the ball as it is kicked towards you
- Don’t forget to cheer as one of you scores or saves the ball!

*“Phew! That was fun!” said Spot, “You were really good at scoring those goals. We make a great team!”*

## Reflection

Ask your child to have a think about the activities you completed together:

- What did you do during the games today that showed you kept trying your best?
- How did you feel when your family were cheering you on?
- Why should we encourage our friends and family when they find something hard?

Visit [funwithspot.com](https://www.funwithspot.com) for more games with Spot and his friends.

