Fundamental Skills: Christmas Home Learning Activities

Santa's Elves Application Form

Father Christmas has millions of elves working for him all over the world.

To become an elf, you must be:

- hardworking, helpful, merry and trustworthy;
- able to work with reindeer, including training them up;
- able to expertly make and efficiently wrap presents.

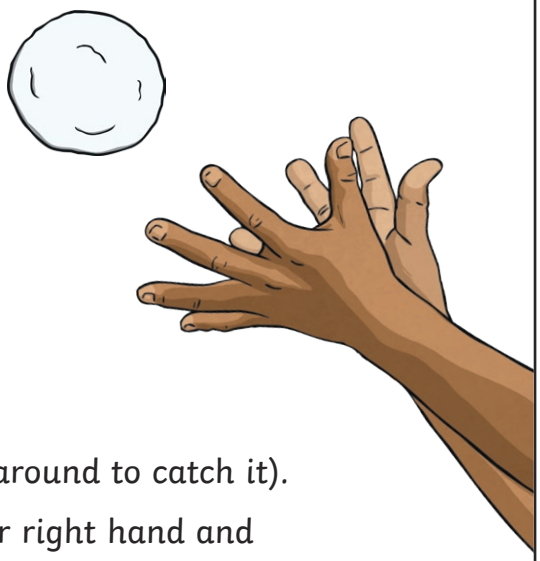
Important physical skills are also needed for when you are working in the workshop and out in the snowy fields training the reindeer. Please see the activities below.

Have you got the fundamental physical skills needed to become one of Santa's elves? Please complete each activity and write a few sentences in the space provided, telling us how you got on.

1. Catch it!

To save time, the toys and presents are often thrown between the different areas of the workshop by the elves. To be an elf, you're catching and reaction skills must be spot on!

Try to catch a ball delivered by a friend or family member when it has been:



- thrown high into the air;
- thrown low to the ground;
- thrown out to the left and to the right;
- rebounded off a wall;
- bounced on the floor;
- thrown underarm;
- thrown overarm;
- bowled;
- thrown while your back is turned (on the signal, turn around to catch it).

Try these catches with both hands and then with just your right hand and just your left hand.

How did you do?

2. Throwing for distance

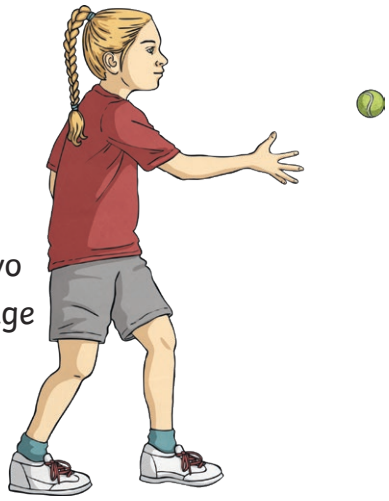
Throwing for distance is not only important for moving items around the workshop but also for break times when you go outside to throw snowballs! It is good to be able to use your non-dominant hand as well as your dominant hand for throwing.

Practise throwing a ball or beanbag overarm with your left and right hand. Can you throw further with one hand than the other?

Spend time trying to improve the distance you can throw with both hands.

How did you do?

3. Throwing for accuracy

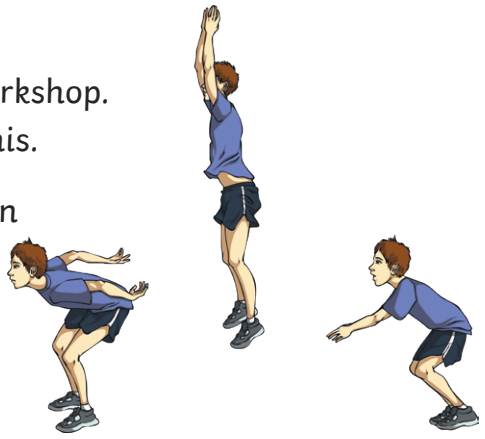


Accurate throwing is just as important for elves as being able to throw items for distance.

Using scrunched up newspaper or socks, aim for a target (such as a bin or bucket) using the underarm throw. To begin with, start two metres away. You can move further away to add more of a challenge or closer to make it easier. Try throwing with both your left and your right hand.

How did you do?

4. Can the elves reach the shelves?



It is important to be able to reach all the shelves in the workshop. Sometimes the elves might have to jump to be able to do this.

Practise the vertical standing jump to see how high you can reach. If you have a wall you can use, get a friend or family member to measure how high you can jump and then you can try to beat that height.

How did you do?

5. Catch the reindeer

Reindeer can run up to 50 miles per hour! You must be able to catch them when they are out in the fields!

Get a friend or family member to time you running over 20m. Can you improve your time with practise?

How did you do?

6. Elf application

In a few sentences, explain why Father Christmas should pick you to be one of his elves. You must include at least one fundamental physical skill you are good at in your explanation and give yourself an elf name.