



# STAY AT HOME PE ACTIVITIES



RAISING THE STANDARDS IN  
PHYSICAL EDUCATION AND SPORT

# PE AT HOME SCHEDULE

DATE	EYFS ACTIVITY	KS1 ACTIVITY	KS2 ACTIVITY
MONDAY 11 <sup>TH</sup> JAN	RAINBOW RAIDERS	DISNEY DANCERS	KRISS KROSS
TUESDAY 12 <sup>TH</sup> JAN	SHARK INFESTED CUSTARD	TUTTI FRUITY	SNAKES AND LADDERS
WEDNESDAY 13 <sup>TH</sup> JAN	PETER RABBIT'S RADISH RAID	MUSICAL BALANCE	ROLL CHALLENGE
THURSDAY 14 <sup>TH</sup> JAN	DAILY ROUTINE DANCE	POPPING PIRATES	TARGET BINGO
FRIDAY 15 <sup>TH</sup> JAN	ASTRO ADVENTURE	YOGI BEAR'S BERRY HUNT	REACT TO NUMBERS



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# STAY AT HOME CHALLENGE GUIDELINES

PLEASE ATTEMPT EACH CHALLENGE TO THE BEST OF YOUR ABILITY AND FOLLOW OUR FOUR KEY PRINCIPLES BELOW TO ENSURE YOUR SAFE PARTICIPATION AT HOME.

S = MAKE SURE IT IS **SAFE** TO COMPLETE (BE AWARE OF YOUR SURROUNDINGS).

A = **ADAPT** THE CHALLENGES TO ENSURE THEY ARE APPROPRIATE FOR YOU.

F = MAKE THE CHALLENGES **FUN**.

E = **ENGAGE** WITH OTHER MEMBERS OF YOUR FAMILY TO COMPLETE THE CHALLENGES.

WE HOPE YOU ENJOY THE ACTIVITIES!



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## RAINBOW RAIDERS

### WHATS REQUIRED:

COLOURED MARKERS – YOU COULD MAKE THESE YOURSELF BY COLOURING IN 5 PIECES OF PAPER.

1 x RED, 1 x YELLOW, 1 x ORANGE, 1 x BLUE AND 1 x GREEN.

### HOW TO PLAY:

START BY YOUR FIRST COLOURED MARKER THEN SET OFF ON A HUNT AROUND YOUR HOME TO COLLECT AN ITEM THAT IS THE SAME COLOUR. RETURN IT TO THE CORRECT MARKER AND THEN MOVE ON TO THE NEXT COLOUR. CARRY ON UNTIL YOU HAVE MATCHING OBJECTS ON YOUR WHOLE RAINBOW!

REMEMBER TO BE AS FAST AS YOU CAN AND REPEAT THE CHALLENGE UNTIL YOU'VE FOUND A VARIETY OF OBJECTS FOR EACH COLOUR.



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## DISNEY DANCERS

WHATS REQUIRED:

MUSIC

HOW TO PLAY:

CHOOSE YOUR FAVOURITE DISNEY CHARACTER AND MAKE UP A DANCE ROUTINE THAT PORTRAYS THAT CHARACTER THROUGH MOVEMENT.

PERFORM YOUR DANCE ROUTINE FOR AN ADULT OR SIBLING AND HAVE THEM TRY TO GUESS WHO YOU ARE!

INCLUDE FACIAL EXPRESSIONS AND EXAGGERATED MOVEMENTS, CREATE A STORY FOR YOUR CHARACTER AND DON'T FORGET TO USE EMOTIONS!



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## KRISS KROSS

WHATS REQUIRED:

FOUR T SHIRTS EACH ROLLED INTO A LONG SAUSAGE SHAPE.

HOW TO PLAY:



PLACE YOUR ROLLED UP T SHIRTS ON THE FLOOR IN THE SHAPE OF A CROSS. START BY JUMPING FORWARDS AND BACKWARDS OVER ONE SIDE OF THE CROSS. HOW MANY TIMES CAN YOU DO IT IN ONE MINUTE?

NEXT, JUMP OVER EACH SIDE OF THE CROSS IN A CLOCKWISE ROTATION – FIRST FORWARDS, THEN TO YOUR RIGHT, THEN BACKWARDS, THEN TO YOUR LEFT.

PROGRESS:

TO ADVANCE TRY BEATING THE NUMBER OF JUMPS YOU CAN PERFORM IN ONE MINUTE, OR TRY ANTI-CLOCKWISE OR ONE LEG!



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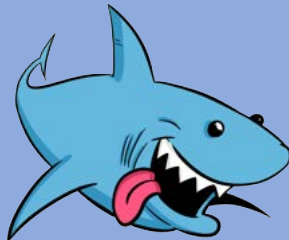
## SHARK INFESTED CUSTARD

### WHATS REQUIRED:

6 – 8 CUSHIONS / T SHIRTS / TOWELS  
A MARKER FOR YOUR STARTING POINT  
A COLLECTION OF TOYS TO RESCUE

### HOW TO PLAY:

PLACE A MARKER AT ONE END OF THE ROOM AS YOUR STARTING POSITION AND THEN YOUR TOYS AT THE OTHER. HAVE AN ADULT SET OUT YOUR CUSHIONS/TSHIRTS IN A RANDOM PATTERN ON THE FLOOR - THESE ARE YOUR DESERT ISLANDS!



STARTING ON YOUR MARKER JUMP FROM ISLAND TO ISLAND UNTIL YOU REACH YOUR TOYS – RESCUE ONE AND BRING IT BACK TO THE STARTING POSITION.

BE CAREFUL NOT TO FALL INTO THE SHARK INFESTED CUSTARD THOUGH!!!



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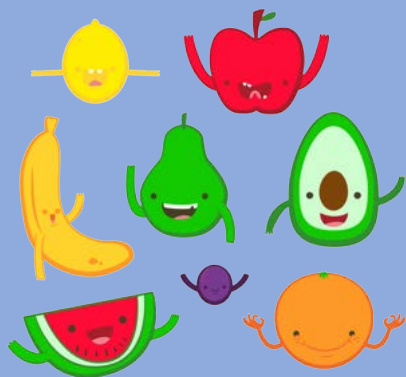
## TUTTI FRUITY

### WHATS REQUIRED:

5 – 6 FRUITS DRAWN ON SEPARATE PIECES OF PAPER (TRY TO CHOOSE FRUITS IN A RANGE OF DIFFERENT COLOURS)

### HOW TO PLAY:

SET OFF ON AN ADVENTURE AROUND YOUR HOME COLLECTING HOUSEHOLD ITEMS THAT MATCH THE COLOUR OF YOUR FRUITS!



CHOOSE ONE FRUIT AT A TIME – FOR EXAMPLE A BANANA AND THEN SET OFF TO FETCH SOMETHING YELLOW. USE DIFFERENT TYPES OF MOVEMENT EACH TIME - YOU COULD RUN, HOP, SIDE STEP, JUMP, SKIP, STAR JUMP – RETURN YOUR ITEM TO THE MATCHING FRUIT AND THEN MOVE ON TO THE NEXT ONE. REMEMBER TO CHANGE MOVEMENT EACH TIME!



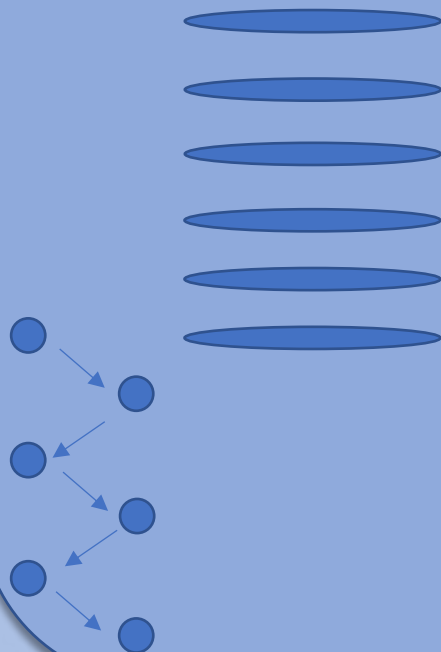


## SNAKES AND LADDERS

### WHATS REQUIRED:

6 CANS/WATER BOTTLES  
6 ROLLED UP TSHIRTS OR TOWELS

### HOW TO PLAY:



PLACE THE CANS / WATER BOTTLES ON THE FLOOR IN A ZIG ZAG PATTERN TO REPRESENT YOUR 'SNAKE' . SEPARATELY LAY YOUR TSHIRTS ALONG THE FLOOR IN LINES TO CREATE A LADDER.

USE YOUR SNAKES AND LADDERS TO TRAVEL THROUGH USING DIFFERENT TYPES OF MOVEMENT.

SIDE STEP AROUND YOUR SNAKE, JUMP OVER YOUR LADDER WITH TWO FEET, SKIP AROUND THE SNAKE OR USE HIGH KNEES TO TRAVEL OVER YOUR LADDER!

HOW MANY TYPES OF MOVEMENT CAN YOU USE? TIME YOURSELF – HOW FAST CAN YOU COMPLETE THE CIRCUIT?



## PETER RABBIT'S RADISH RAID

### WHATS REQUIRED:

AN ADULT  
BALLS/ROLLED UP SOCKS TO ACT  
AS YOUR RADISHES

### HOW TO PLAY:



ASK AN ADULT TO PRETEND TO BE MR MCGREGOR FAST ASLEEP IN HIS GARDEN WITH HIS PRECIOUS RADISHES NEXT TO HIM! CREEP TOWARDS MR MCGREGOR WHILE HE SLEEPS TO STEAL HIS RADISHES BUT BE CAREFUL NOT TO WAKE HIM! BRING YOUR RADISH BACK TO YOUR STARTING POSITION AND THEN TIP TOE TOWARDS HIM AGAIN TO GRAB ANOTHER! IF HE WAKES YOU MUST FREEZE SO HE CANT SEE YOU – IF YOU MOVE AND HE SEES YOU, GO BACK TO THE START! CARRY ON ONCE MR MCGREGOR IS SAFELY SLEEPING AND ATTEMPT TO STEAL ALL THE RADISHES!



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## MUSICAL BALANCE

WHATS REQUIRED:

MUSIC

AN ADULT OR OLDER SIBLING TO PRESS STOP AND PLAY

HOW TO PLAY:



DANCE TO YOUR FAVOURITE SONGS WHILE THE MUSIC PLAYS – WHEN IT STOPS HOLD A BALANCE. YOU COULD TRY BALANCING ON ONE LEG, ON YOUR BOTTOM, YOUR TUMMY, YOUR SIDE, BACK, SHOULDERS. IS IT A STRETCHED BALANCE OR A CURLED ONE? HOW MANY DIFFERENT PARTS OF YOUR BODY CAN YOU USE? WHAT SHAPES ARE YOU MAKING WITH YOUR BODY?

PROGRESS:

CHALLENGE YOURSELF TO BALANCE ON SMALLER BODY PARTS – TRY ONE HAND AND ONE FOOT!



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## ROLL CHALLENGE

WHATS REQUIRED:

AN EXERCISE MAT IF YOU HAVE ONE AT HOME OTHERWISE A BEACH TOWEL YOU CAN LAY OUT ON THE FLOOR

HOW TO PLAY:

CAN YOU CHOREOGRAPH A SEQUENCE OF DIFFERENT ROLLS – YOU COULD TRY INCLUDING A FORWARDS ROLL, BACKWARDS ROLL, TEDDY BEAR ROLL, PENCIL ROLL, EGG ROLL.



SAFETY NOTE: DON'T ATTEMPT ANY NEW ROLLS WITHOUT BEING GUIDED THROUGH FIRST BY AN ADULT.

PROGRESS:

CAN YOU TEACH YOUR SEQUENCE TO A PARTNER?



## DAILY ROUTINE DANCE

WHATS REQUIRED:

MUSIC

HOW TO PLAY:



CREATE A DANCE SEQUENCE INSPIRED BY YOUR DAILY ROUTINE!

START BY THINKING ABOUT ALL THE THINGS YOU DO FROM THE MOMENT YOU WAKE UP TO WHEN YOU GO TO SLEEP.

INCORPORATE ALL THESE ELEMENTS INTO A DANCE - YOU COULD ALSO ADD TRAVELLING STEPS AND USE YOUR BODY TO MAKE SHAPES.

FOR EXAMPLE YOU COULD START BY LAYING DOWN LIKE A PENCIL, DO A BIG STRETCH LIKE A STAR AND JUMP UP – BRUSH YOUR TEETH, EAT BREAKFAST AND SKIP TO SCHOOL.



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## POPPING PIRATES

WHATS REQUIRED:

TWO + PLAYERS  
A SELECTION OF HOUSEHOLD ITEMS.

HOW TO PLAY:

BALANCE LIKE A PIRATE ON ONE LEG WHILE THE OTHER PLAYER BALANCES DIFFERENT ITEMS ON YOU.



YOU COULD TRY BALANCING A SCARF ON YOUR ARM, A SOFT TOY ON YOUR SHOULDER, SOCKS ON YOUR HANDS!

THE WINNER IS THE PERSON WHO HAS THE MOST ITEMS BALANCED ON THEM BEFORE THEY LOSE BALANCE AND PUT THEIR FOOT DOWN.

PROGRESS:

TRY BALANCING ON YOUR OTHER LEG OR WITH ONE HAND IN THE AIR!



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## TARGET BINGO

### WHATS REQUIRED:

A BUCKET/BASKET

6 OBJECTS TO THROW (BALL / SOCKS)

A DICE

### HOW TO PLAY:

EACH NUMBER ON THE DICE REPRESENTS AN INSTRUCTION OF HOW TO THROW:

1 = THROW UNDERARM

2 = THROW WITH YOUR WEAKER HAND

3 = THROW STANDING ON ONE FOOT

4 = THROW OVER YOUR SHOULDER

5 = THROW TWO BALLS AT A TIME

6 = THROW OVERARM



ROLL THE DICE AND THEN THROW ALL 6 BALLS IN THE THROWING STYLE INDICATED. HOW MANY DID YOU GET IN THE TARGET?

### PROGRESS:

MOVE THE TARGET FURTHER AWAY



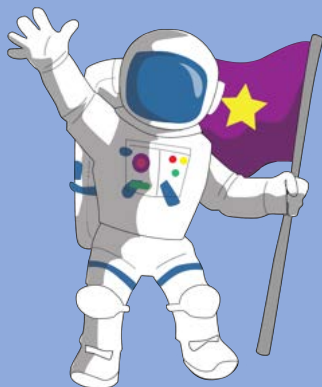
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## ASTRO ADVENTURE

### WHATS REQUIRED:

8 T SHIRTS TO PLACE ON THE FLOOR  
AS YOUR PRETEND PLANETS  
AN ADULT TO CALL OUT INSTRUCTIONS

### HOW TO PLAY:



3, 2, 1 BLAST OFF!  
TRAVEL FROM PLANET TO PLANET ON  
YOUR SPACESHIP USING DIFFERENT  
TYPES OF MOVEMENT.  
WHEN AN ADULT SHOUTS OUT ANY OF  
THE FOLLOWING YOU MUST CHANGE  
THE WAY YOUR TRAVEL THROUGH  
SPACE! THEY MIGHT SHOUT HOP, SKIP,  
JUMP, RUN OR SIDE STEP!

WHEN THEY SHOUT 'ALIEN ATTACK' ITS  
TIME TO FREEZE!



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## YOGI BEAR'S BERRY HUNT

WHATS REQUIRED:

AN ADULT

BALLS/ROLLED UP SOCKS TO BE YOUR BERRIES

HOW TO PLAY:



ASK AN ADULT TO PRETEND TO BE YOGI BEAR FAST ASLEEP WITH HIS PRECIOUS BERRIES NEXT TO HIM! CREEP TOWARDS YOGI BEAR WHILE HE SLEEPS TO STEAL HIS BERRIES BUT BE CAREFUL NOT TO WAKE HIM! BRING YOUR BERRY BACK TO STARTING POSITION AND THEN TIP TOE TOWARDS HIM AGAIN TO GRAB ANOTHER! IF HE WAKES YOU MUST FREEZE SO HE CANT SEE YOU – IF YOU MOVE AND HE SEES YOU, GO BACK TO THE START! CARRY ON ONCE YOGI IS SAFELY SLEEPING AGAIN AND ONE AT A TIME ATTEMPT TO STEAL ALL THE REST OF HIS BERRIES.



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## REACT TO NUMBERS

WHATS REQUIRED:

AN ADULT TO SHOUT NUMBERS  
THE NUMBERS 1 – 6 WRITTEN ON  
SEPARATE PIECES OF PAPER

HOW TO PLAY:



SPACE OUT YOUR NUMBERED PIECES OF  
PAPER ON THE FLOOR AND STAND IN THE  
MIDDLE.

ASK AN ADULT TO SHOUT OUT A  
NUMBER FROM 1 – 6 AND TEST YOUR  
REACTION TIME TO SEE HOW QUICKLY  
YOU CAN TOUCH IT!

HAVE THEM SHOUT OUT THE NUMBERS IN  
QUICK SUCCESSION TO IMPROVE YOUR  
AGILITY.

PROGRESS:

ASK AN ADULT TO SHOUT OUT SIMPLE  
MATHS EQUATIONS THAT RESULT IN THE  
NUMBERS 1 – 6. EG.  $4 + 1 = 5$  OR  $36 / 6 = 6$   
– TOUCH THE CORRECT ANSWER.



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