



# 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 18 <sup>TH</sup> JAN	ALPHABET FRENZY	GOALS GALORE	PB CHALLENGE
TUESDAY 19 <sup>TH</sup> JAN	BALLOON BONANZA	TEDDY BEAR GAUNTLET	HUMAN BODY SWIPE
WEDNESDAY 20 <sup>TH</sup> JAN	SAFARI ADVENTURE	BALLERZ	TWO CAN DANCE
THURSDAY 21 <sup>ST</sup> JAN	TEDDY BEAR BOWLING	TRUE OR FALSE GYMNASTICS	BEAT THE DECK
FRIDAY 22 <sup>ND</sup> JAN	ROADTRIP RACERS	COCONUT CHALLENGE	TARGET REACT



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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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## ALPHABET FRENZY

### WHATS REQUIRED:

THE LETTERS A – Z WRITTEN ON  
INDIVIDUAL PIECES OF PAPER  
MUSIC  
AN ADULT OR SIBLING TO PRESS  
STOP/PLAY

### HOW TO PLAY:



SPREAD THE LETTERS ON THE FLOOR  
AND START THE MUSIC!  
DANCE, HOP, SKIP AND JUMP AROUND  
ON THE LETTERS – WHEN THE MUSIC  
STOPS IDENTIFY THE LETTER YOU HAVE  
LANDED ON AND THEN LOCATE AN  
ITEM IN YOUR HOUSE THAT BEGINS  
WITH THE SAME LETTER.  
FOR EXAMPLE: P – PENCIL. IF YOU  
CANT FIND AN OBJECT GRAB  
ANOTHER LETTER AND TRY AGAIN.



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## GOALS GALORE

WHATS REQUIRED:

TWO ITEMS TO MAKE GOAL POSTS  
A BALL OR ROLLED UP PAIR OF SOCKS

HOW TO PLAY:



SET UP YOUR GOAL AND THEN TAKE SHOTS SEEING HOW MANY GOALS YOU CAN SCORE WHILE FOLLOWING THESE INSTRUCTIONS:

10 SHOTS x RIGHT FOOT  
10 SHOTS x LEFT FOOT  
10 SHOTS x ROLL WITH HAND  
10 SHOTS x HITTING WITH HAND

PROGRESS:

MAKE THE GOAL SMALLER  
SHOOT FROM FURTHER AWAY  
SHOOT FROM A DIFFERENT ANGLE  
ADD A GOALKEEPER



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## PERSONAL BEST CHALLENGE

WHATS REQUIRED:

A TIMER

HOW TO PLAY:



PICK AN ACTIVITY YOU CAN COMPLETE FOR 5 DAYS IN A ROW. IT COULD BE TO CYCLE, SCOOT OR RUN TO YOUR LOCAL PARK OR ROUND THE BLOCK; SKIP WITH A SKIPPING ROPE FOR 1 MINUTE; KEEP A BALL UP IN THE AIR, JUMP SIDE TO SIDE OVER A SMALL OBJECT (SPEED BOUNCE) FOR 30 SECONDS. KEEP A RECORD OF YOUR PERFORMANCE OVER THE 5 DAYS IN AN ATTEMPT TO BEAT YOUR PERSONAL BEST!

EXTENSION:

CREATE A BAR GRAPH TO ILLUSTRATE YOUR SCORES



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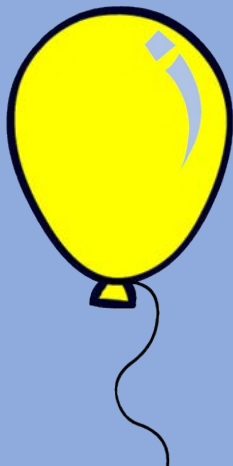
## BALLOON BONANZA

WHATS REQUIRED:

A BALLOON

HOW TO PLAY:

ASK AN ADULT TO INFLATE A BALLOON FOR YOU, THEN ATTEMPT THE FOLLOWING CHALLENGES:



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HOW MANY TIMES CAN YOU HIT IT UP IN THE AIR WITH YOUR HANDS WITHOUT IT TOUCHING THE FLOOR?

HOW MANY TIMES CAN YOU PASS IT AROUND YOUR WAIST WITHOUT DROPPING IT?

HOW MANY TIMES CAN YOU HIT IT BACK AND FORTH WITH A PARTNER BEFORE ONE OF YOU DROPS IT?



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## TEDDY BEAR GAUNTLET

WHATS REQUIRED:

10 SOFT TOYS  
ROLLED UP SOCKS  
TWO PLAYERS

HOW TO PLAY:



PLACE YOUR 10 SOFT TOYS ON ONE SIDE OF THE ROOM, THEN START AT THE OPPOSITE SIDE.

YOUR MISSION IS TO RUN THE GAUNTLET IN ORDER TO RESCUE YOUR SOFT TOYS ONE AT A TIME! DODGE THE SOCKS BEING THROWN AT YOU BY THE OTHER PLAYER (THEY MUST ONLY HIT YOU BENEATH THE KNEE). YOU HAVE 3 LIVES AND EVERY TIME YOU ARE HIT YOU LOSE A LIFE!

CAN YOU COLLECT ALL 10 TOYS BEFORE YOU ARE OUT?



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## HUMAN BODY SWIPE

WHATS REQUIRED:

THREE PLAYERS

A BALL OR OBJECT TO SWIPE

HOW TO PLAY:

STAND OPPOSITE YOUR OPPONENT AND PLACE THE BALL / OBJECT ON THE FLOOR BETWEEN YOU. HAVE THE THIRD PLAYER CALL OUT DIFFERENT BODY PARTS, FOR EXAMPLE: HEAD, SHOULDERS, KNEES, TOES, TUMMY, EARS, NOSE ETC FOLLOW THE INSTRUCTIONS TOUCHING EACH BODY PART BUT LISTEN OUT FOR THE WORD 'SWIPE'! WHEN YOU HEAR IT YOU MUST GRAB THE OBJECT BETWEEN YOU BEFORE YOUR PARTNER! WHOEVER HAS THE QUICKEST REACTIONS WINS.



PROGRESS:

HAVE THE CALLER ALSO CALL OUT INSTRUCTIONS SUCH AS HOP, STAR JUMP, TOUCH THE GROUND, SWAP PLACES.



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## SAFARI ADVENTURE

### WHATS REQUIRED:

MUSIC

AN ADULT OR SIBLING TO PRESS  
STOP/PLAY AND CALL OUT  
DIFFERENT ANIMALS

### HOW TO PLAY:



DANCE AROUND TO YOUR  
FAVOURITE SONGS (WE LOVE THE  
LION KING SOUNDTRACK!)  
WHEN THE MUSIC STOPS THE  
OTHER PERSON CALLS OUT AN  
ANIMAL, FOR EXAMPLE A LION,  
GIRAFFE, SNAKE, ELEPHANT, RABBIT  
ETC AND YOU HAVE TO MOVE  
AROUND OR POSE LIKE THAT  
ANIMAL! YOU COULD PUFF OUT  
YOUR MANE AND PROWL TO BE A  
LION, HOP AROUND THE ROOM AS A  
RABBIT OR STRETCH UP TALL TO BE  
A GIRAFFE!



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## BALLERZ

WHATS REQUIRED:

A BALL OR A PAIR OF ROLLED UP SOCKS.

HOW TO PLAY:

PRACTISE YOUR BALL SKILLS AND IMPROVE HAND EYE COORDINATION BY SEEING HOW MANY OF THE FOLLOWING CHALLENGES YOU CAN COMPLETE IN 60 SECONDS:



HIT THE BALL IN THE AIR WITH YOUR HAND.  
PASS THE BALL THROUGH YOUR LEGS IN A FIGURE OF 8.  
THROW – CLAP – CATCH.  
PASS THE BALL AROUND YOUR WAIST.



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## TWO CAN DANCE

WHATS REQUIRED:

MUSIC

TWO + PEOPLE

HOW TO PLAY:

CAN YOU CHOREOGRAPH A DANCE ROUTINE TO YOUR FAVOURITE SONG AND TEACH IT TO A FAMILY MEMBER OR FRIEND (VIA ZOOM)?



TRY TO INCLUDE DIFFERENT ACTIONS AND MOVEMENTS.

TRY TO LINK THE CHOREOGRAPHY WITH THE BEAT OF THE MUSIC.

TAKE INSPIRATION FROM YOUR OWN LIFE AND CULTURE AROUND YOU.



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## TEDDY BEAR BOWLING

WHATS REQUIRED:

6 – 8 SOFT TOYS

A BALL (OR AN ORANGE IF YOU DON'T HAVE ONE!)

HOW TO PLAY:



SET YOUR SOFT TOYS UP IN A TRIANGLE FORMATION THEN SET YOUR STARTING POINT 2 - 3 METRES BACK. ROLL THE BALL AND ATTEMPT TO KNOCK DOWN AS MANY SOFT TOYS AS YOU CAN! SEE HOW MANY ATTEMPTS IT TAKES YOU TO KNOCK THEM ALL DOWN.

PROGRESS:

TRY KICKING THE BALL TO KNOCK THE TOYS OVER THIS TIME.



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## TRUE OR FALSE GYMNASTICS

### WHATS REQUIRED:

TWO + PLAYERS  
YOGA MAT / BEACH TOWEL  
TWO PIECES OF PAPER – ONE WITH  
'TRUE' WRITTEN ON AND THE OTHER  
'FALSE'

### HOW TO PLAY:



PLACE YOUR 'TRUE' AND 'FALSE' AT  
OPPOSITE ENDS OF THE SPACE YOU  
ARE IN. PLACE YOUR MAT/TOWEL IN  
THE MIDDLE THEN HAVE AN ADULT ASK  
YOU A SERIES OF QUESTIONS. ANSWER  
THE QUESTIONS BY TRAVELLING TO  
EITHER TRUE OR FALSE USING A  
MOVEMENT RELATED TO GYMNASTICS,  
FOR EXAMPLE A FORWARDS ROLL,  
BACKWARDS ROLL, PENCIL ROLL, CART  
WHEEL, HOPPING, SKIPPING,  
SPRINGING. THEN HOLD A BALANCE  
WHEN YOU GET THERE.



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## BEAT THE DECK

WHATS REQUIRED:

A PACK OF CARDS

HOW TO PLAY:

SPLIT THE PICTURE CARDS (JACK, QUEEN, KING) FROM THE NUMBER CARDS (A – 10).

KING = STAR JUMPS

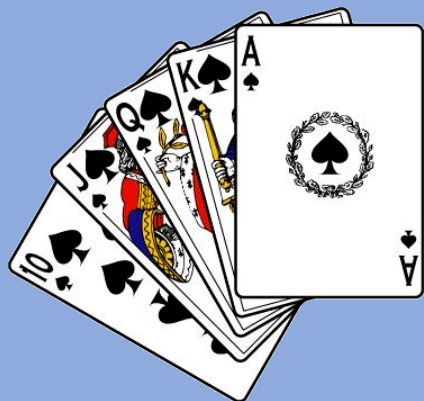
QUEEN = SPEED BOUNCE

JACK = SHUTTLE RUN

ACE - 10 = HOW MANY REPITITIONS.

SPREAD THE TWO PILES OF CARDS FACE DOWN AT EITHER SIDE OF THE ROOM.

GO TO THE NUMBERS PILE AND PICK A CARD AND THEN RUN TO THE PICTURE PILE AND PICK A CARD. PERFORM THAT EXERCISE FOR THE NUMBER OF REPITITIONS CHOSEN. FOR EXAMPLE: 3 OF HEARTS + KING OF SPADES = 3 x STAR JUMPS



PROGRESS:

DOUBLE YOUR REPITITIONS!



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## ROADTRIP RACERS

WHATS REQUIRED:

AN ADULT TO CALL OUT  
INSTRUCTIONS  
10 OBJECTS

HOW TO PLAY:

PLACE YOUR 10 OBJECTS AROUND  
THE FLOOR IN PAIRS TO ACT AS  
'GATES' THEN SET OFF ON A  
ROADTRIP AROUND YOUR HOME OR  
GARDEN TRAVELLING IN AND OUT  
OF THE GATES! ASK AN ADULT TO  
CALL OUT DIFFERENT VEHICLES TO  
CHANGE THE WAY YOU TRAVEL!



AEROPLANE = ARMS OUT  
CAR = JOG  
BICYCLE = HIGH KNEES  
ROCKET SHIP = JUMP UP & DOWN  
TRAIN = MAKE CIRCLES WITH  
YOUR ARMS BY YOUR SIDE



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## COCONUT SHY CHALLENGE

### WHATS REQUIRED:

TWO PLAYERS

1 x SMALL SOFT TOY

1 x TIN/CAN

1 x BALL (OR A ROLLED UP PAIR OF SOCKS)

### HOW TO PLAY:



BALANCE YOUR SOFT TOY ON TOP OF THE CAN AND PLACE IT IN THE MIDDLE OF THE ROOM. YOU AND YOUR PARTNER SIT AT OPPOSITE ENDS OF THE ROOM AND TAKE TURNS TO ROLL/THROW THE BALL TO TRY AND KNOCK THE SOFT TOY OVER. TRY THESE CHALLENGES:

TOGETHER ATTEMPT TO KNOCK THE TOY OFF 10 TIMES.

COMPETE TO SEE WHO CAN KNOCK IT OFF THE MOST TIMES IN 60 SECONDS.

### PROGRESS:

MOVE FURTHER AWAY, USE YOUR FEET, STAND ON ONE LEG!



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## MATHS REACTOR

WHATS REQUIRED:

NUMBERS 1 – 9 WRITTEN ON SEPARATE  
PIECES OF PAPER  
AN ADULT

HOW TO PLAY:



BLUE TAC YOUR NUMBERS TO THE  
WALL AND STAND FACING THEM. ASK  
AN ADULT TO CALL OUT RANDOM  
NUMBERS IN QUICK SUCCESSION AND  
TOUCH THEM AS FAST AS YOU CAN!  
ONCE YOU'VE MASTERED THE WARM  
UP, HAVE AN ADULT ASK SIMPLE  
EQUATIONS WITH ANSWERS FROM 1 –  
10 AND TOUCH YOUR ANSWER!  
FOR EXAMPLE:  $3 \times 3 = 9$  OR  $50 \div 10 = 5$

PROGRESS:

START WITH YOUR BACK TO THE WALL,  
SPREAD THE NUMBERS FURTHER OUT!



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