



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 25 TH JAN	DRESS UP OBSTACLE	3 IN A ROW	HAND TENNIS
TUESDAY 26 TH JAN	RAINBOW TARGET SHOOTING	CHARADES	MAGIC MILE
WEDNESDAY 27 TH JAN	FOLLOW THE LEADER	LUNCH BOX LOTTERY	DODGE IT!
THURSDAY 28 TH JAN	COMPASS CAPERS	KNOCK OUT	AGILITY ABILITY
FRIDAY 29 TH JAN	BOB THE BUILDERS TOWER CHALLENGE	PIRATES OF THE CARIBBEAN	FEEL GOOD FRIDAY



RAISING THE STANDARDS IN
PHYSICAL EDUCATION AND SPORT

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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DRESS UP OBSTACLE

WHATS REQUIRED:

8-10 DIFFERENT ITEMS OF CLOTHING (T-SHIRTS, SCARF, GLOVES, HAT, SOCKS, SHORTS, DRESSING GOWN, SUNGLASSES)
AN ADULT TO CALL OUT INSTRUCTIONS

HOW TO PLAY:

PLACE YOUR ITEMS OF CLOTHING IN A CIRCUIT AROUND THE ROOM.
RUN TO THE FIRST PIECE OF CLOTHING – PUT IT ON AND CHOOSE A DIFFERENT WAY OF TRAVELLING TO THE NEXT ITEM (HOP, JUMP, SKIP, SIDE STEP ETC – ASK AN ADULT TO PROMPT YOU IF YOU NEED SOME HELP).
THE OBSTACLE COURSE IS COMPLETED ONCE YOU HAVE COLLECTED AND ARE WEARING EVERY PIECE OF CLOTHING!



PROGRESS:

TIME YOURSELF AND TRY AND BEAT YOUR TIME!



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3 IN A ROW

WHATS REQUIRED:

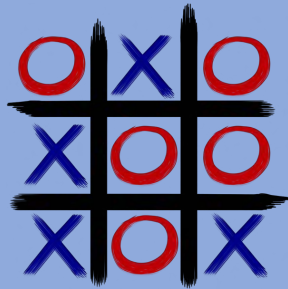
TWO PLAYERS

5 x RED ITEMS

5 x BLUE ITEMS

DRESSING GOWN TIE / SKIPPING ROPE /
ROLLED UP TOWELS TO CREATE A GRID

HOW TO PLAY:



CREATE A GRID WITH 9 SQUARES

PLAYER 1 IS RED AND PLAYER 2 BLUE –

TAKE IT IN TURNS TO PLACE YOUR
ITEM IN THE GRID TO TRY AND GET 3 IN
A ROW. THE FIRST PLAYER TO GET 3 OF
THEIR COLOURED ITEMS IN A ROW
WINS! THE FIRST PLAYER TO THREE
VICTORIES IS THE WINNER!

PROGRESS:

PLACE CUSHIONS TO JUMP OVER

BEFORE YOU REACH THE GRID.

HOP ON THE SPOT UNTIL ITS YOUR
TURN!



HAND TENNIS

WHATS REQUIRED:

A BALL OR PAIR OF ROLLED UP SOCKS
HOUSEHOLD ITEMS YOU CAN LINE UP TO CREATE A LOW-LEVEL NET

HOW TO PLAY:



USING YOUR HAND CAN YOU HIT THE BALL / SOCKS OVER THE NET WITHOUT LETTING IT BOUNCE?

COMPLETE THE FOLLOWING CHALLENGES:

10 x FORE HAND

10 x BACK HAND

PROGRESS:

SET UP TARGET ZONES WORTH DIFFERENT POINTS USING VARYING SIZED PIECES OF PAPER AND KEEP SCORE.

PLAY A RALLY WITH A PARTNER!



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RAINBOW TARGET SHOOTING

WHATS REQUIRED:

5 x BALLS OR ROLLED UP SOCKS
A BASKET / BUCKET / NET / TARGET

HOW TO PLAY:



PLACE YOUR BALLS IN AN ARC SHAPE WHICH REPRESENTS YOUR RAINBOW (USE DIFFERENT COLOUR BALLS / SOCKS IF YOU HAVE THEM). THEN ONE AT A TIME ATTEMPT TO SHOOT AT THE TARGET FROM THE DIFFERENT ANGLES.

TRY ROLLING, THROWING AND KICKING.

MOVE YOUR TARGET FURTHER AWAY.



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CHARADES

WHATS REQUIRED:

PAPER AND PENS
AN ADULT OR SIBLING TO PLAY WITH

HOW TO PLAY:



CREATE A SERIES OF CHARADES CARDS BY WRITING DOWN DIFFERENT SPORTS OR ACTIVE VERBS ON PIECES OF PAPER, FOR EXAMPLE: SWIM, DANCE, SERVE, SQUAT, JUMP, SKIP, JOG, ROWING, BASKETBALL, GOLF ETC. SELECT A CARD BUT DON'T SHOW YOUR OPPONENT – USE MIME TO ACT IT OUT AND SEE IF THEY CAN GUESS WHATS ON THE CARD!

PROGRESS:

HOW MANY CHARADES CAN YOU PERFORM IN 60 SECONDS?
TRY AND BEAT YOUR BEST SCORE.



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MAGIC MILE

WHATS REQUIRED:

AN ADULT TO ACCOMPANY YOU
BIKE / SCOOTER OPTIONAL

HOW TO PLAY:

PLAN A ROUTE AND SET OFF TO
COMPLETE YOUR MAGIC MILE.

YOU COULD WALK, RUN, SKIP, CYCLE
OR SCOOT – ITS UP TO YOU!

PROGRESS:

TIME YOURSELF AND SEE IF YOU CAN
BEAT YOUR TIME OR EXTEND YOUR
ROUTE.



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FOLLOW THE LEADER

WHATS REQUIRED:

TWO + PLAYERS

10 OBJECTS TO CREATE GATES

HOW TO PLAY:

PLACE YOUR OBJECTS IN PAIRS ON THE FLOOR TO CREATE A SERIES OF 5 DIFFERENT GATES. THEN PICK A LEADER AND FOLLOW THAT PERSON ON A JOURNEY THROUGH THE GATES. EACH TIME YOU PASS THROUGH A GATE THE LEADER HAS TO CHOOSE A DIFFERENT WAY TO TRAVEL - THEY COULD HOP, SKIP, JUMP, ROLL OR YOU COULD SWITCH PLACES AND CHOOSE A NEW LEADER!



PROGRESS:

SEE IF YOU CAN DO IT BACKWARDS!



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LUNCHBOX LOTTERY

WHATS REQUIRED:

10 x DIFFERENT FOODS

A MARKER FOR YOUR START POSITION

HOW TO PLAY:

ASK AN ADULT TO TAKE 5 x HEALTHY FOODS AND 5 x LESS HEALTHY FOODS FROM THE KITCHEN AND SPACE THEM OUT RANDOMLY ON THE FLOOR. RUN OUT AND GRAB AN ITEM OF FOOD THEN BRING IT BACK AND PLACE IT IN EITHER A HEALTHY OR A 'NOT SO HEALTHY' PILE. EACH TIME YOU PLACE AN ITEM OF FOOD YOU MUST PERFORM A DIFFERENT MOVEMENT, FOR EXAMPLE 10 STAR JUMPS, 10 HEEL FLICKS, 10 HIGH KNEES. CARRY ON UNTIL YOU HAVE COLLECTED ALL THE FOOD AND HAVE TWO SEPARATE PILES. ASK AN ADULT TO CHECK IF YOU HAVE CATEGORISED THEM CORRECTLY.



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DODGE IT!

WHATS REQUIRED:

TWO + PLAYERS
10 ROLLED UP SOCKS
10 OBJECTS (TOYS, LEGO ETC)

HOW TO PLAY:



PLACE YOUR OBJECTS AT ONE SIDE OF THE ROOM AND START AT THE OTHER. RUN OUT AND GRAB AN OBJECT AND BRING IT BACK TO THE STARTING POSITION BUT BEWARE OF THE SOCKS BEING THROWN AT YOU! IF ONE HITS YOU, PUT THE OBJECT BACK AND GO BACK TO THE START! CAN YOU RETRIEVE ALL 10 OBJECTS WITHOUT BEING HIT?

SAFETY NOTE:

PLAYER 2 REMEMBER TO ONLY AIM BELOW THE KNEE!



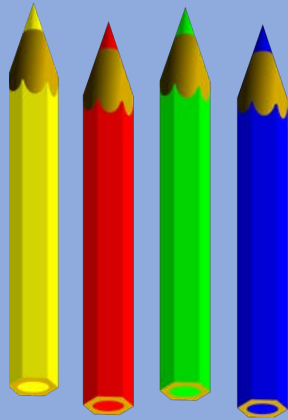
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COLOURFUL CAPERS

WHATS REQUIRED:

AN ADULT TO CALL INSTRUCTIONS
4 x PIECES OF PAPER COLOURED BLUE,
GREEN, RED AND YELLOW.

HOW TO PLAY:



SIGNPOST EACH WALL WITH THE PIECES OF PAPER SO YOU HAVE A BLUE WALL, GREEN WALL, RED WALL AND A YELLOW WALL. STAND IN THE MIDDLE OF THE ROOM AND PERFORM DIFFERENT MOVEMENTS ON THE SPOT, FOR EXAMPLE: JOGGING, JUMPING, HOPPING ETC BUT LISTEN OUT FOR DIRECTIONS AND WHEN YOU HEAR BLUE, GREEN, RED OR YELLOW RUN AND TOUCH THE CORRECT WALL!

PROGRESS:

ASK AN ADULT TO CALL OUT COLOURED OBJECTS FOR EXAMPLE IF THEY SAY 'BANANA' YOU MUST RUN TO THE YELLOW WALL!



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KNOCK OUT!

WHATS REQUIRED:

6 TARGETS (CONES OR HOUSEHOLD OBJECTS SUCH AS CANS OR WATER BOTTLES)

2 BALLS (OR ROLLED UP SOCKS)

2 PLAYERS

HOW TO PLAY:



PLACE THE TARGETS IN TWO LINES OF 3 4-5M METRES APART. EACH PLAYER STANDS BEHIND THEIR 3 TARGETS AND ATTEMPTS TO ROLL THEIR BALL AND HIT THEIR OPPONENTS TARGET. IF YOU MANAGE TO HIT ONE YOU CAN RUN OUT AND COLLECT IT AND PLACE IT NEXT TO YOURS – THE WINNER IS THE PLAYER WHO MANAGES TO COLLECT ALL THE TARGETS.

TRY DIFFERENT TECHNIQUES – YOU COULD USE AN UNDER ARM OR OVER ARM THROW.



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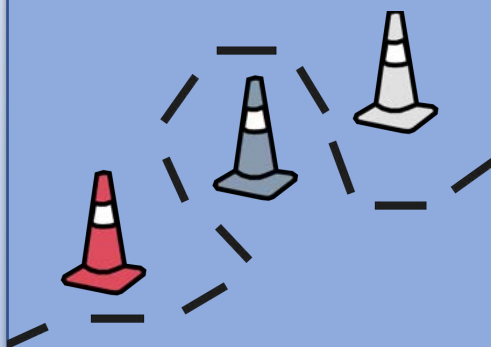
AGILITY ABILITY

WHATS REQUIRED:

A NUMBER OF HOUSEHOLD OBJECTS TO CREATE YOUR OWN AGILITY EXERCISES

HOW TO PLAY:

SIT DOWN AND DRAW A PLAN OF YOUR AGILITY COURSE. INCLUDE OPPORTUNITIES TO CHANGE DIRECTION, ACCERLERATE AND DECELERATE; IMPROVE BALANCE; CONTROL YOUR BODY AND DEVELOP YOUR COORDINATION. YOU COULD USE WATER BOTTLES IN A ZIG ZAG FORMATION, CANS OF FOOD AS HURDLES, SOCKS IN A LINE TO BALANCE ON OR BLANKETS TO TRAVEL UNDER. ONCE YOU HAVE PERFECTED YOUR PLAN, SET IT UP AND COMPLETE THE COURSE!



PROGRESS:

CAN YOU COMPLETE THE COURSE IN 60 SECONDS?



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BOB THE BUILDERS TOWER CHALLENGE

WHATS REQUIRED:

LEGO OR BUILDING BLOCKS
A FEW CUSHIONS OR TOYS TO CREATE
A SMALL OBSTACLE COURSE

HOW TO PLAY:



PUT YOUR LEGO / BUILDING BLOCKS AT
THE ONE SIDE OF THE ROOM AND IN
THE MIDDLE OF THE ROOM PLACE A
FEW CUSHIONS TO JUMP OVER
AND/OR TOYS TO TRAVEL AROUND.
RUN OUT THROUGH YOUR OBSTACLE
COURSE AND COLLECT A BLOCK THEN
RETURN IT TO THE START. CARRY ON
COLLECTING LEGO / BLOCKS UNTIL
YOU HAVE A BUILT A TOWER!

PROGRESS:

ASK AN ADULT TO TIME YOU – HOW
TALL CAN YOU BUILD A TOWER IN 60
SECONDS? PLAY AGAINST SOMEONE –
WHO CAN BUILD THE TALLEST TOWER?



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PIRATES OF THE CARIBBEAN

WHATS REQUIRED:

TWO PIECES OF PAPER (YOUR STEPPING STONES)

5 x TOYS (YOUR TREASURE)

1 x MARKER (YOUR DESERT ISLAND)

HOW TO PLAY:

PLACE YOUR DESERT ISLAND AT ONE END OF THE ROOM AND YOUR TREASURE AT THE OTHER. USING YOUR PIECES OF PAPER AS STEPPING STONES, TRAVEL ACROSS THE SEA TO COLLECT YOUR TREASURE. YOU MUST ONLY STAND ON THE STEPPING STONES SO YOU'LL HAVE TO MOVE YOUR PIECES OF PAPER TO COLLECT ALL THE PIECES OF TREASURE ONE AT A TIME.



PROGRESS:

ASK SOMEONE TO PLAY WITH YOU. ADD IN ONE MORE PIECE OF PAPER – YOU'LL HAVE TO WORK AS A TEAM TO CROSS THE SEA!



RAISING THE STANDARDS IN
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FEEL GOOD FRIDAY

WHATS REQUIRED:

MUSIC

HOW TO PLAY:



GET THE FEEL GOOD VIBES GOING!
PUT ON YOUR FAVOURITE MUSIC –
TURN IT UP AND GET MOVING!

DANCING IMPROVES YOUR PHYSICAL
AND MENTAL HEALTH AND BOOSTS
EMOTIONAL AND SOCIAL WELLBEING;
IN FACT, MOVING YOUR BODY TO THE
SOUND OF MUSIC CAN TRANSFORM
YOUR LIFE!

PROGRESS:

DO YOU KNOW THE MOVES TO ANY OF
THESE SONGS?

MACARENA, CHA CHA SLIDE, ELECTRIC
SLIDE, YMCA.

CAN YOU MAKE UP YOUR OWN
ROUTINE?



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