



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 4 TH JAN	TRAFFIC LIGHTS	JUMP IN LINE	DOUBLE TROUBLE
TUESDAY 5 TH JAN	TARGET PRACTICE	ROCK PAPER SCISSORS	ACTIVE MATHS
WEDNESDAY 6 TH JAN	I SPY	DANCE ROUTINE	OBSTACLE COURSE
THURSDAY 7 TH JAN	MATCHING PAIRS	ALPHABET BODIES	GYMNASTICS ROUTINE
FRIDAY 8 TH JAN	MUSICAL SHAPES	WALK THE TIGHTROPE	CREATE A CIRCUIT



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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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TRAFFIC LIGHTS

WHATS REQUIRED:

AN ADULT TO CALL OUT THE INSTRUCTIONS

HOW TO PLAY:

STRAP YOURSELF IN TO YOUR IMAGINARY SPORTS CAR AND THEN SET OFF ON A ROAD TRIP AROUND YOUR HOME OR GARDEN!



ADULTS CALL OUT THE FOLLOWING INSTRUCTIONS:

GREEN LIGHT: RUN AROUND
AMBER LIGHT: SIT DOWN
RED LIGHT: STOP
SPEED BUMPS: JUMP UP AND DOWN
REVERSE: WALK BACKWARDS
ROUNDBABOUT: SPIN AROUND



JUMP IN LINE

WHATS REQUIRED:

AN OBJECT TO USE AS A MARKER

HOW TO PLAY:

CHALLENGE YOURSELF TO SET A NEW JUMP RECORD!



USING THE STANDING LONG JUMP TECHNIQUE (TAKE OFF FROM TWO FEET AND LAND ON TWO FEET) – HOW FAR CAN YOU JUMP?

USE YOUR MARKER TO MARK WHERE YOU LAND AND REPEAT THE JUMP 10 TIMES TO SEE IF YOU CAN JUMP EVEN FURTHER!

PROGRESS:

TRY JUMPING FROM ONE FOOT AND LAND ON THE SAME FOOT OR JUMPING SIDWAYS.



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DOUBLE TROUBLE

WHATS REQUIRED:

TWO PLAYERS

TWO OBJECTS YOU CAN THROW AND CATCH (EG. A BALL, ROLLED UP PAIR OF SOCKS, ORANGE, SOFT TOY)

HOW TO PLAY:



WITH A PARTNER PRACTISE THROWING AND CATCHING TWO OBJECTS AT THE SAME TIME.

HERES A TIP: ONE PERSON THROWS OVER AND THE OTHER THROWS UNDER!

PROGRESS:

STAND FURTHER APART FROM YOUR PARTNER.

TRY STANDING ON ONE LEG!



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TARGET PRACTICE

WHATS REQUIRED:

AN OBJECT TO THROW (EG. BALL OR A PAIR OF ROLLED UP SOCKS)

A TARGET (EG. A WATER BOTTLE A LARGE SOFT TOY OR KITCHEN ROLL)

HOW TO PLAY:



THROW YOUR BALL / SOCKS AT THE TARGET AND TRY TO KNOCK IT OVER!

TRY AND KNOCK IT OVER 5 TIMES BEFORE CHALLENGING YOURSELF BY MAKING IT MORE DIFFICULT.

PROGRESS:

MOVE THE TARGET FURTHER AWAY.

USE ALTERNATE ARMS TO THROW.

STAND ON ONE LEG!



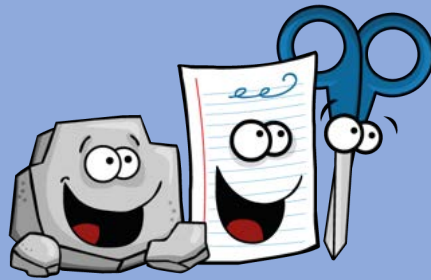
ROCK, PAPER, SCISSORS

WHATS REQUIRED:

TWO PLAYERS

HOW TO PLAY:

CHALLENGE YOURSELF WITH THIS NEW TAKE ON AN OLD CLASSIC!



FACE YOUR PARTNER AND JUMP ON THE SPOT THREE TIMES – ON THE FOURTH JUMP LAND WITH YOUR FEET IN THE POSITION WHICH REPRESENTS EITHER ROCK, PAPER OR SCISSORS.

ROCK:

FEET TOGETHER.

PAPER:

FEET WIDE APART.

SCISSORS:

ONE FOOT FORWARDS AND THE OTHER BACK.

BEST OUT OF THREE WINS!



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ACTIVE MATHS

WHATS REQUIRED:

THE NUMBERS 1 – 10 WRITTEN ON
INDIVIDUAL PIECES OF PAPER

AN ADULT TO CALL OUT THE
QUESTIONS

A MARKER FOR YOUR START POSITION

HOW TO PLAY:

PLACE YOUR NUMBERS 5M AWAY FROM
YOUR START POSITION THEN HAVE AN
ADULT ASK SOME SIMPLE MATHS
QUESTIONS (EG. $9 \div 3 = 3$).



RUN TO THE ANSWER AND THEN
PERFORM THAT MANY STAR JUMPS.

PROGRESS:

HOP, SKIP, JUMP OR SIDE STEP TO
YOUR ANSWER.



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I SPY

WHATS REQUIRED:

TWO + PLAYERS

HOW TO PLAY:

PLAYERS TAKE IT IN TURNS TO CHOOSE AN OBJECT WITHIN SIGHT AND ANNOUNCE IT TO THE OTHER PLAYERS 'I SPY WITH MY LITTLE EYE SOMETHING BEGINNING WITH...'



THE OTHER PLAYERS HAVE TO RUN TO THE NEAREST OBJECT BEGINNING WITH THAT LETTER AND TOUCH IT.

THE 'SPYER' REVEALS WHO HAS GUESSED AND TOUCHED THE CORRECT OBJECT.

PROGRESS:

PLAY IT IN THE PARK OR GARDEN FOR MORE OBJECTS / GREATER DISTANCE.



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DANCE ROUTINE

WHATS REQUIRED:

MUSIC

HOW TO PLAY:

CHOOSE YOUR FAVOURITE SONG AND CREATE A DANCE ROUTINE FROM START TO FINISH.



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.

PROGRESS:

PERFORM YOUR ROUTINE FOR AN AUDIENCE (FAMILY MEMBERS OR FRIENDS VIA ZOOM).



OBSTACLE COURSE

WHATS REQUIRED:

ONE + PLAYERS

A FEW HOUSEHOLD OBJECTS TO
CREATE A SIMPLE OBSTACLE COURSE

HOW TO PLAY:



SET UP YOUR OBSTACLE COURSE – YOU
COULD USE CUSHIONS TO NAVIGATE
AROUND, A BOOK TO BALANCE ON
YOUR HEAD, CHAIRS TO CRAWL
UNDER, A CARDBOARD BOX OR
LAUNDRY BASKET TO TOSS A BALL IN,
TOYS TO 'ZIG ZAG' THROUGH, A QUILT
TO CRAWL UNDER.

PROGRESS:

TRY IT BLINDFOLDED! USE A SCARF OR
TIE IF YOU DON'T HAVE ONE AND HAVE
SOMEONE DIRECT YOU THROUGH THE
COURSE BY GIVING INSTRUCTIONS.



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MATCHING PAIRS

WHATS REQUIRED:

8 OBJECTS

AN ADULT TO SET UP THE GAME

8 TOWELS / T SHIRTS TO HIDE EACH OBJECT

HOW TO PLAY:



ASK AN ADULT TO HIDE THE OBJECTS SEPARATELY UNDER A TOWEL OR T SHIRT ON THE OTHER SIDE OF THE ROOM THEN RUN, SKIP OR JUMP TO THE OBJECTS AND ONE AT A TIME TRY TO REVEAL A MATCHING PAIR.

PAIRS MIGHT BE TWO OF THE SAME OBJECT / THE SAME COLOUR / BEGIN WITH THE SAME LETTER.

KEEP GOING UNTIL YOU HAVE COLLECTED ALL OF THE PAIRS.



ALPHABET BODIES

WHATS REQUIRED:

TWO + PLAYERS

HOW TO PLAY:

USE YOUR BODY TO CREATE ALL OF THE LETTERS OF THE ALPHABET.

HAVE THE OTHER PLAYER GUESS WHICH LETTER YOU ARE MAKING.

PROGRESS:

CREATE 3-4 LETTER WORDS USING YOUR BODY.



INCREASE THE LETTERS TO MAKE LONGER WORDS.

CAN YOU SPELL YOUR NAME?



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CREATE A GYMNASTICS ROUTINE

WHATS REQUIRED:

IMAGINATION

HOW TO PLAY:

CREATE A SHORT GYMNASTICS SEQUENCE WHICH INCLUDES:

1 JUMP

1 ROLL

1 BALANCE



DON'T FORGET TO LINK THE ELEMENTS TOGETHER AND PRESENT (BOYS ONE HAND UP AND GIRLS BOTH HANDS UP) AT THE START AND FINISH OF THE SEQUENCE.

PROGRESS:

ADD IN ADDITIONAL ELEMENTS UP TO 6 IN TOTAL.

CHANGE HEIGHT, SPEED AND/OR DIRECTION.



MUSICAL SHAPES

WHATS REQUIRED:

MUSIC

ONE + PLAYERS

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 USE YOUR BODY TO CREATE
A SHAPE.



YOU COULD TRY MAKING A CIRCLE,
TRIANGLE, SQUARE OR STAR.

PROGRESS:

TRY MAKING LETTERS OR NUMBERS
WITH YOUR BODY.



WALK THE TIGHTROPE

WHATS REQUIRED:

A SKIPPING ROPE OR DRESSING GOWN BELT

HOW TO PLAY:



CREATE A TIGHTROPE BY LAYING A SKIPPING ROPE OR DRESSING GOWN BELTS ALONG THE FLOOR.

TEST YOUR BALANCE BY WALKING ALONG IT WITHOUT TOUCHING THE FLOOR.

PROGRESS:

CAN YOU WALK ALONG IT BACKWARDS?

TRY BALANCING A BOOK ON YOUR HEAD AT THE SAME TIME.



CREATE A CIRCUIT

WHATS REQUIRED:

NO EQUIPMENT REQUIRED BUT YOU CAN USE HOUSEHOLD ITEMS THAT DOUBLE AS EXERCISE EQUIPMENT.

HOW TO PLAY:

CREATE YOUR OWN EXERCISE CIRCUIT BY PERFORMING 5 DIFFERENT EXERCISES IN A CIRCUIT.



YOU COULD INCLUDE STAR JUMPS, RUNNING ON THE SPOT, BURPEES, SIT UPS AND PRESS UPS.

USE SOUP CANS AS SMALL WEIGHTS, STAIRS FOR STEP UPS, A BEACH TOWEL AS A FLOOR MAT, A CHAIR FOR TRICEP DIPS, THE WALL FOR A SQUAT BALANCE.



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