



STAY AT HOME PE ACTIVITIES



PE AT HOME SCHEDULE

| DATE | EYFS ACTIVITY | KS1 ACTIVITY | KS2 ACTIVITY |
|-------------------------------|----------------|--------------------------|--------------------|
| MONDAY 1 ST FEB | TOTAL WIPEOUT | BLOCKBUSTERS | ZONE ATTACK |
| TUESDAY 2 ND FEB | OVER AND UNDER | SEATED BALANCE CHALLENGE | REACTION ACTION |
| WEDNESDAY 3 RD FEB | JUMPING JACKS | BULLSEYE | PAIRED BALANCE |
| THURSDAY 4 TH FEB | EMOJI SEARCH | END ZONE CATCH | FITNESS BY NUMBERS |
| FRIDAY 5 TH FEB | BATTLESHIPS | NUMBER CRUNCHER | LEARN THE HAKA |



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!



RAISING THE STANDARDS IN
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TOTAL WIPEOUT

WHATS REQUIRED:

A SKIPPING ROPE (OR DRESSING GOWN BELT)

AN ADULT TO PLAY WITH

HOW TO PLAY:

ASK AN ADULT TO SPIN THE SKIPPING ROPE AROUND IN A CIRCLE ON THE FLOOR AND AS IT COMES TOWARDS YOU, YOU MUST JUMP OVER IT!

SEE HOW MANY TIMES YOU CAN JUMP THE ROPE.

CAN YOU HOP OVER IT?



BLOCKBUSTERS

WHATS REQUIRED:

THE NUMBERS 1 – 9 WRITTEN ON SEPARATE PIECES OF PAPER
AN ADULT TO CALL INSTRUCTIONS

HOW TO PLAY:

ARRANGE THE NUMBERS ON THE FLOOR LIKE THE KEYPAD OF A PHONE.
ASK AN ADULT TO CALL OUT NUMBERS TO DETERMINE YOUR ROUTE. FOR EXAMPLE: 1, 4, 8, 9, 6, 3.
YOU MUST ONLY TREAD ON THE NUMBERS THEY HAVE CALLED!



ADULTS CAN CALL THE NUMBERS IN A RANDOM ORDER TO MAKE IT MORE DIFFICULT – YOU MIGHT HAVE TO JUMP OR STRETCH!

PROGRESS:

TRY HOPPING OR BALANCING AN ITEM ON YOUR HEAD!



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ZONE ATTACK

WHATS REQUIRED:

A BALL (OR ROLLED UP PAIR OF SOCKS)
SKIPPING ROPES/DRESSING GOWN
BELTS/ROLLED UP TOWELS TO CREATE 3
DIFFERENT ZONES
A SQUARE, CIRCLE AND TRIANGLE
DRAWN ON SEPARATE PIECES OF PAPER

HOW TO PLAY:

MARK OUT 3 ZONES USING THE SKIPPING
ROPES / DRESSING GOWN BELTS AND PLACE
ONE OF THE SHAPES IN EACH ZONE.
SCORE POINTS BY THROWING THE BALL IN
THE DIFFERENT ZONES OR HITTING A
TARGET:

ZONE 1 = 1 PT ZONE 1 TARGET = 5 PTS
ZONE 2 = 2 PTS ZONE 2 TARGET = 10 PTS
ZONE 3 = 3 PTS ZONE 3 TARGET = 15 PTS

HOW MANY POINTS CAN YOU SCORE?



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OVER AND UNDER

WHATS REQUIRED:

HOUSEHOLD ITEMS TO CREATE AN OBSTACLE COURSE

HOW TO PLAY:

CREATE AN OBSTACLE COURSE IN YOUR HOME USING HOUSEHOLD OBJECTS WHICH YOU CAN SAFELY TRAVEL OVER OR UNDER. FOR EXAMPLE: YOU COULD CRAWL UNDER A BLANKET, JUMP OVER A CUSHION, DUCK DOWN THROUGH A BOX, HOP OVER SOME TOYS.



CAN YOU COMPLETE THE COURSE?



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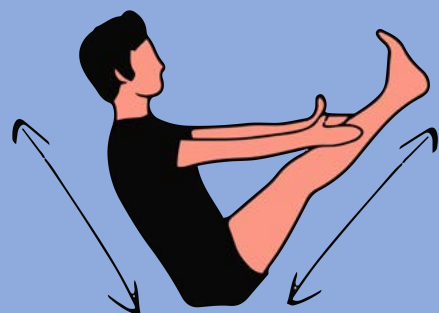
SEATED BALANCE CHALLENGE

WHATS REQUIRED:

A MAT OR TOWEL TO SIT ON
BALL OR SOFT TOY

HOW TO PLAY:

CAN YOU COMPLETE THE FOLLOWING
SEATED BALANCES?



LIFT YOUR LEGS AND ARMS IN THE AIR
IN A 'BOAT' OR 'V SIT' BALANCE AND
SEE HOW LONG YOU CAN HOLD IT.

WHILE IN THIS POSITION USE A BALL
OR SOFT TOY AND SEE HOW MANY
TIMES TO CAN TWIST AND TOUCH IT
ON THE FLOOR EITHER SIDE OF YOU.

CAN YOU BALANCE THE OBJECT ON
YOUR TUMMY? YOUR ARMS? YOUR
HEAD?



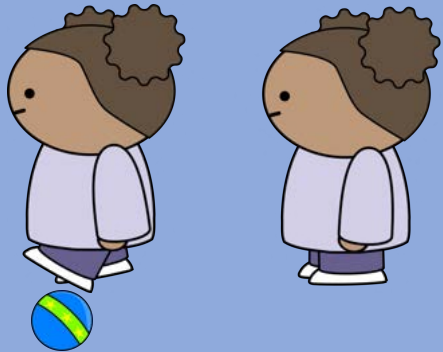
REACTION ACTION

WHATS REQUIRED:

TWO PLAYERS
A BALL

HOW TO PLAY:

TEST YOUR REACTION TIMES WITH
THESE CHALLENGES:



- HAVE YOUR PARTNER DROP THE BALL
FROM ABOVE YOUR HEAD – CAN YOU
CATCH IT?

- STAND WITH YOUR BACK TO YOUR
PARTNER – THEY SHOUT 'TURN' AND
THROW THE BALL – CAN YOU QUICKLY
TURN AROUND AND CATCH IT?

- STAND WITH YOUR BACK TO YOUR
PARTNER, THEY ROLL THE BALL ALONG
THE FLOOR ON EITHER YOUR LEFT OR
YOUR RIGHT SIDE – CAN YOU REACT
QUICKLY AND GRAB IT?



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JUMPING JACKS

WHATS REQUIRED:

4 ROLLED UP T SHIRTS

HOW TO PLAY:

ASK AN ADULT TO HELP YOU ARRANGE 4 ROLLED UP T SHIRTS ON THE FLOOR TO CREATE YOUR JUMPING SQUARE. CAN YOU COMPLETE THESE DIFFERENT TYPES OF JUMP INTO YOUR SQUARE?



TWO FEET – TWO FEET
TWO FEET – ONE FOOT
ONE FOOT – TWO FEET
ONE FOOT – ONE FOOT

REMEMBER TO BEND YOUR KNEES,
KEEP YOUR HEAD FACING FORWARD,
FOCUS ON YOUR TAKE OFF AND
LANDING.

PROGRESS:

TRY MAKING DIFFERENT SHAPES WITH YOUR BODY WHEN YOU JUMP – A STAR, A PENCIL, HIGH KNEES.



BULLSEYE

WHATS REQUIRED:

PENS AND PAPER
5 x BALLS / ROLLED UP SOCKS / SOFT TOY

HOW TO PLAY:



USING YOUR PENS AND PAPER DESIGN YOUR OWN BULLSEYE TARGET – YOU MIGHT HAVE TO CELOTAPE SEVERAL PIECES OF PAPER TOGETHER TO MAKE IT BIG ENOUGH. YOU SHOULD MARK EACH ZONE WITH THE POINTS 5, 10, 15, 20 AND 50 FOR BULLSEYE.

LAY YOUR TARGET ON THE FLOOR, STAND 3M METRES AWAY AND ROLL YOUR BALL ALONG THE FLOOR TO SCORE POINTS!

CAN YOU HIT THE BULLSEYE?

PROGRESS:

STAND FURTHER BACK OR COMPETE AGAINST AN OPPONENT.



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PAIRED BALANCE

WHATS REQUIRED:

TWO PLAYERS

HOW TO PLAY:

WITH A PARTNER CAN YOU CREATE 5 DIFFERENT PAIRED BALANCES AND HOLD THEM FOR 5 SECONDS WITHOUT WOBBLING OR FALLING?



MAKE SURE THAT YOU ARE:
STILL
STRETCHED
STRONG

YOU CAN FIND SOME IDEAS ON
THE NEXT PAGE!



RAISING THE STANDARDS IN
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Front Support Balances



Top should start this balance by performing a bridge on the floor and then lifting one foot up onto base's shoulder and raise the second leg into the air.

Base should have hands holding the top directly above the shoulders to maintain stability.

Holding a firm front support is essential to create the strong base for these more complicated balances. Squeeze both tummy and bottom. Maintain a straight line from shoulders to toes.

Base place hands directly above shoulders holding the top's shins and not their knees or ankles.

Top take your time going into the straddle lever and do not rush. Lift one leg at a time.

This balance will take time and practice to perfect. It will take a number of attempts to work out exactly where the top needs to be positioned.

Does your balance look like ours? Take your time perfecting your technique, try performing in front of a mirror or take pictures to compare and make adjustments.

Base press your shoulders into the floor to create a strong support.



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EMOJI SEARCH

WHATS REQUIRED:

PENS AND PAPER
AN ADULT TO ASK QUESTIONS

HOW TO PLAY:



THINK OF 5 – 6 DIFFERENT EMOTIONS AND THEN USING YOUR PENS AND PAPER TRY DRAWING THOSE FACES ON DIFFERENT PIECES OF PAPER. YOU COULD HAVE A SAD FACE, HAPPY FACE, LAUGHING FACE, ANGRY FACE, KISSING FACE ETC. SPREAD THESE AROUND THE ROOM AND WHEN THE ADULT ASKS A QUESTION ABOUT EMOTIONS YOU MUST RUN AND PICK UP THE EMOJI THAT FITS YOUR ANSWER! FOR EXAMPLE: WHAT KIND OF FACE WOULD YOU HAVE IF SOMEONE JUST TOLD YOU A JOKE? HOW ARE YOU FEELING TODAY?

PROGRESS:

PERFORM AN ACTIVITY WHEN YOU COLLECT YOUR EMOJI EG. STAR JUMPS OR JOGGING ON THE SPOT.



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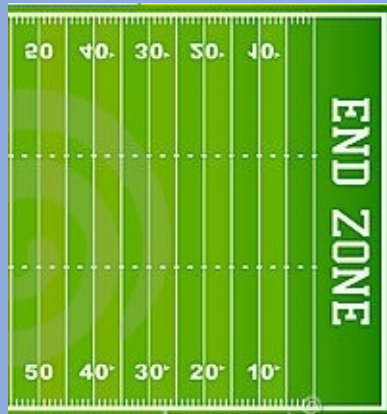
END ZONE CATCH

WHATS REQUIRED:

A BALL OR ROLLED UP PAIR OF SOCKS
SKIPPING ROPES / DRESSING GOWN BELT
/ ROLLED UP TOWEL
AN ADULT TO PLAY WITH

HOW TO PLAY:

USE THE SKIPPING ROPES / DRESSING GOWN BELT TO CREATE THREE ZONES.
START IN THE FIRST ZONE FACING THE ADULT AND COMPLETE THE FOLLOWING CHALLENGE: THROW AND CATCH THE BALL 5 TIMES WITHOUT DROPPING IT. ONCE YOU HAVE DONE THIS, MOVE BACK INTO THE SECOND ZONE AND REPEAT THE CHALLENGE. ONCE YOU HAVE MANAGED 5 SUCCESSFUL CATCHES IN A ROW, MOVE BACK INTO ZONE 3 AND ATTEMPT IT AGAIN. ONCE YOU HAVE COMPLETED THE CHALLENGE START BACK IN ZONE 1 AND START A NEW CHALLENGE.



PROGRESS:

5 x ONE-HANDED CATCHES
5 x CATCHES STANDING ON ONE LEG



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FITNESS BY NUMBERS

WHATS REQUIRED:

THE SYMBOLS

+ (PLUS) - (MINUS) x (MULTIPLY)

WRITTEN ON SEPARATE PIECES OF PAPER

A STOPWATCH / SOMEONE TO TIME YOU

HOW TO PLAY:

PLACE THE SYMBOLS 2-3M AWAY FROM YOU FACING DOWNWARDS. PERFORM ONE OF THE FOLLOWING ACTIVITIES FOR 15

SECONDS, COUNTING HOW MANY REPETITIONS YOU WERE ABLE TO COMPLETE:

STAR JUMPS / BURPEES / SIT UPS / PRESS UPS

/ MOUNTAIN CLIMBERS. ONCE YOU HAVE FINISHED RUN TO THE SYMBOLS AND TURN

ONE OVER, THEN RETURN AND PERFORM ANOTHER ONE OF THE EXERCISES FOR 15

SECS (REMEMBER TO COUNT YOUR REPS AGAIN!) TAKE YOUR FIRST AND SECOND

NUMBERS AND USE THE MATHEMATICAL OPERATION YOU TURNED OVER TO

COMPLETE THE EQUATION. FOR EXAMPLE:

10 STAR JUMPS + 5 BURPEES = 15



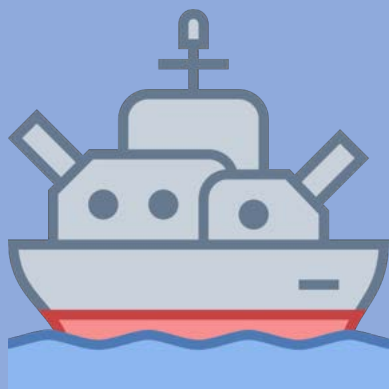
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BATTLESHIPS

WHATS REQUIRED:

TWO PLAYERS
10 SOFT TOYS
SKIPPING ROPE / DRESSING GOWN BELT
A STOPWATCH

HOW TO PLAY:



DIVIDE THE SPACE IN TWO HALVES USING THE SKIPPING ROPE / DRESSING GOWN BELT AND PLACE 5 SOFT TOYS RANDOMLY IN ONE HALF AND 5 RANDOMLY IN THE OTHER. EACH PLAYER STANDS IN THEIR HALF AND WHEN THE TIMER STARTS THEY MUST THROW OR ROLL THE TOYS IN THEIR AREA ONE AT A TIME INTO THEIR OPPONENTS AREA.

AFTER 60 SECONDS THE PLAYER WITH THE LEAST NUMBER OF TOYS IN THEIR HALF WINS!



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NUMBER CRUNCHER

WHATS REQUIRED:

THE NUMBERS 0 - 9 AND SYMBOLS
+ (PLUS) - (MINUS) = (EQUALS)
WRITTEN ON SEPARATE PIECES OF PAPER
AN ADULT TO CALL OUT SUMS

HOW TO PLAY:

PLACE YOUR NUMBERS AND SYMBOLS ON
THE FLOOR LIKE THE FACE OF A
CALCULATOR. THE ADULT CALLS OUT AN
EQUATION, FOR EXAMPLE: $3 + 6 = ?$
USE YOUR FEET TO TAP THE EQUATION
AND THE ANSWER INTO YOUR IMAGINARY
CALCULATOR BY JUMPING ON THE
NUMBERS FOR THAT MANY TIMES.
SO USING THE EXAMPLE ABOVE, YOU
WOULD JUMP THREE TIMES ON THE
NUMBER THREE, ONCE ON THE +
SYMBOL, THEN 6 TIMES ON THE NUMER
SIX, ONCE ON THE = SYMBOL AND THEN
NINE TIMES ON THE NUMBER 9 WHICH IS
YOUR ANSWER.



RAISING THE STANDARDS IN
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LEARN THE HAKA

HOW TO PLAY:



THE HAKA IS A TYPE OF CEREMONIAL MĀORI DANCE OR CHALLENGE. HAKA ARE USUALLY PERFORMED IN A GROUP AND TYPICALLY REPRESENT A DISPLAY OF A TRIBE'S PRIDE, STRENGTH AND UNITY.

WATCH THIS CLIP OF THE NEW ZEALAND RUGBY TEAM THE ALL BLACKS PERFORMING THE HAKA...

<https://www.newzealand.com/uk/feature/haka/>

CAN YOU LEARN THE HAKA AND PERFORM IT FOR YOUR FAMILY?

PROGRESS:

CAN YOU CREATE YOUR OWN HAKA AND TEACH IT TO A FAMILY MEMBER?



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