



# 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 8 <sup>TH</sup> FEB     | SHAPE SHIFTER                | ACTIVE TWISTER                | KAMAKAZE CATCH                |
| TUESDAY 9 <sup>TH</sup> FEB    | YOGA KIDS                    | STEALING FROM THE NEST        | MINDFUL YOGA                  |
| WEDNESDAY 10 <sup>TH</sup> FEB | TOILET ROLL TUMBLE           | SUPER CORE                    | SOCK TAG                      |
| THURSDAY 11 <sup>TH</sup> FEB  | APPLES AND PEARS             | BOUNCE IT                     | SHUTTLE RUN CHAOS             |
| FRIDAY 12 <sup>TH</sup> FEB    | THE ROAD TO TOKYO: TRIATHLON | THE ROAD TO TOKYO: PENTATHLON | THE ROAD TO TOKYO: HEPTATHLON |



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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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## SHAPE SHIFTER

### WHATS REQUIRED:

6 SHAPES DRAWN ON SEPARATE PIECES OF PAPER: SQUARE, CIRCLE, TRIANGLE, RECTANGLE, PENTAGON, HEXAGON.

MUSIC

AN ADULT TO PRESS STOP, PLAY AND CALL OUT NUMBERS.

### HOW TO PLAY:



SPREAD YOUR SHAPES RANDOMLY ON THE FLOOR AND THEN MOVE AROUND THE SPACE TO YOUR MUSIC. YOU COULD JUMP, HOP, SKIP, SIDE STEP ETC. WHEN THE MUSIC STOPS THE ADULT CALLS OUT A NUMBER FROM 1 – 6 (EXCLUDING 2) AND YOU MUST JUMP ON THE SHAPE WITH THE SAME NUMBER OF SIDES! FOR EXAMPLE: IF YOU HEAR THE NUMBER 3 JUMP ON A TRIANGLE.

### PROGRESS:

CALL OUT SIMPLE EQUATIONS SUCH AS  $1 + 3 = 4$  THEREFORE JUMP ON A SQUARE.



## ACTIVE TWISTER

### WHATS REQUIRED:



THE NUMBERS 1 – 6 WRITTEN ON SEPARATE PIECES OF PAPER IN DIFFERENT COLOURS.

6 DIFFERENT SHAPES DRAWN ON SEPARATE PIECES OF PAPER IN DIFFERENT COLOURS (CIRCLE, TRIANGLE, SQUARE, RECTANGLE, PENTAGON, HEXAGON)  
AN ADULT/SIBLING TO CALL INSTRUCTIONS

### HOW TO PLAY:

ARRANGE THE NUMBERS AND SHAPES ON THE FLOOR IN A GRID (3 x 4) THEN LISTEN AS INSTRUCTIONS ARE CALLED OUT, FOR EXAMPLE: RIGHT HAND NUMBER 2, LEFT FOOT SQUARE, LEFT HAND RED, RIGHT FOOT PENTAGON. CAN YOU BALANCE IN TRICKY POSITIONS WITHOUT FALLING OVER? PLAY AGAINST A PARTNER AND TRY NOT TO GET TANGLED UP!



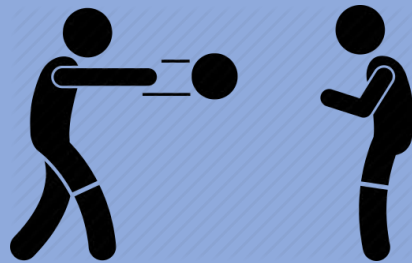
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## KAMAKAZE CATCH

### WHATS REQUIRED:

TWO PLAYERS  
10 DIFFERENT OBJECTS TO THROW AND CATCH (IE. BALLS, SOFT TOYS, SOCKS ETC)  
A BUCKET/BASKET/BOX

### HOW TO PLAY:



PLAYERS STAND OPPOSITE ONE ANOTHER 3-5M APART. THE FIRST PLAYER HAS ALL THE OBJECTS NEXT TO THEM AND THE SECOND PLAYER HAS THE BASKET NEXT TO THEM. PLAYER 1 THROWS ONE OBJECT AT A TIME IN QUICK SUCCESSION IN A VARIETY OF WAYS (HIGH, LOW, LEFT SIDE, RIGHT SIDE, SPINNING ETC). PLAYER 2 HAS TO CATCH AS MANY OF THE OBJECTS AS POSSIBLE AND DROP THEM IN THE BASKET. ONCE ALL THE OBJECTS ARE THROWN COUNT HOW MANY ARE IN THE BASKET AND THEN SWITCH. PLAYER 2 THROWS THE OBJECTS AND PLAYER 1 MUST CATCH THEM. THE WINNER IS THE PLAYER WHO MANAGED TO CATCH THE MOST OBJECTS!



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## YOGA AND MINDFULNESS

WHATS REQUIRED:

A QUIET SPACE  
CUSHION

EXERCISE ONE:

FINGER BREATHING



SIT ON YOUR CUSHION AND HOLD ONE HAND IN FRONT OF YOUR FACE. TAKE THE INDEX FINGER ON YOUR OTHER HAND AND PLACE IT ON YOUR WRIST AT THE BOTTOM OF YOUR THUMB.

AS YOU BREATHE IN MOVE YOUR FINGER TIP UP YOUR THUMB. AS YOU BREATHE OUT MOVE YOUR FINGER TIP DOWN YOUR THUMB. AS YOU BREATHE IN MOVE YOUR FINGER TIP UP THE NEXT FINGER. AS YOU BREATHE OUT MOVE YOUR FINGER TIP DOWN THE FINGER. KEEP GOING UNTIL YOU REACH THE BOTTOM OF YOUR LITTLE FINGER. YOU CAN BREATHE YOUR FINGER BACK TO THE THUMB IF YOU WANT TO KEEP GOING.

CAN YOU DO THIS EXERCISE ANY SLOWER?  
HOW DO YOU FEEL AFTERWARDS?



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## YOGA AND MINDFULNESS

WHATS REQUIRED:

A QUIET SPACE

EXERCISE TWO:

TREE POSE



WITH BARE FEET STAND ON ONE FOOT, TAKE THE OTHER FOOT AND PLACE IT ON TOP OF THE FOOT ON THE GROUND OR IF YOU HAVE GOT YOUR BALANCE YOU CAN PLACE IT HIGHER UP YOUR LEG. PUT YOUR HANDS TOGETHER AND TAKE THEM TO YOUR CHEST.

FROM HERE CAN YOU OPEN YOUR ARMS UP AND OUT? TAKE A FEW BREATHS. USE A WALL OR AN ADULT TO SUPPORT YOU IF YOU WOBBLE. TRY IT ON THE OTHER LEG.



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## YOGA AND MINDFULNESS

WHATS REQUIRED:

A QUIET SPACE

EXERCISE THREE:

NAME MY FEELINGS



SIT COMFORTABLY AND CLOSE YOUR EYES. TAKE A DEEP BREATH. IN AND OUT. NOW, JUST SEE WHAT HAPPENS AS YOU DO NOTHING BUT BREATHE, FOR EXAMPLE YOU MAY FEEL TIRED AND WANT TO GO TO SLEEP. WHEN YOU FEEL THIS, SAY TO YOURSELF "I FEEL TIRED." YOU MAY START THINKING ABOUT SOMETHING THAT UPSET YOU, SAY TO YOURSELF, "I FEEL UPSET." YOU MAY THINK ABOUT SOMETHING YOU'RE LOOKING FORWARD TO WHEN LOCKDOWN IS OVER. JUST SAY TO YOURSELF, "I AM EXCITED." EVERY TIME YOU NOTICE A FEELING, SAY, "I AM [THE FEELING]." AND CONTINUE TO BREATHE. IN AND OUT. IF YOUR MIND STAYS ON THAT FEELING, JUST FEEL IT. BUT ONCE IT STARTS WANDERING AND YOU FEEL SOMETHING ELSE, NOTICE THE NEW FEELING. AFTER FIVE MINUTES, TAKE A DEEP BREATH AND GO ON WITH YOUR DAY.



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## TOILET ROLL TUMBLE

WHATS REQUIRED:

6 TOILET ROLLS  
3 BALLS (OR ROLLED UP SOCKS)

HOW TO PLAY:



PLACE YOUR TOILET ROLLS IN A PYRAMID FORMATION AND STAND 2-3M BACK THEN TAKE SHOTS AT ROLLING YOUR BALLS (OR SOCKS) AT THE PYRAMID IN ORDER TO KNOCK IT OVER.

HOW MANY ATTEMPTS DOES IT TAKE YOU?

PROGRESS:

MOVE FURTHER BACK – CAN YOU KNOCK IT OVER FROM FURTHER AWAY?

USE YOUR OTHER HAND.



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## SUPER CORE

WHATS REQUIRED:

A MAT (OR YOU COULD USE A TOWEL)  
TWO PLAYERS  
A TOY VEHICLE

HOW TO PLAY:

COMPLETE THESE CORE STABILITY CHALLENGES:



PLANK  
BRIDGE  
LATERAL BALANCE (EXAMPLE SHOWN)

WHILE HOLDING YOUR BALANCE, YOUR PARTNER HAS TO DRIVE THE VEHICLE AROUND YOUR BODY AND THROUGH THE GAP BETWEEN YOUR BODY AND THE FLOOR.

HOW MANY TIMES CAN THE VEHICLE PASS UNDER YOU BEFORE YOU CAN HOLD IT NO LONGER?



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## SOCK TAG

### WHATS REQUIRED:

2 PLAYERS  
5 PAIRS OF SOCKS  
A BALL (OR ANOTHER OBJECT TO GRAB)

### HOW TO PLAY:



STAND OPPOSITE YOUR PARTNER WITH THE OBJECT ON THE FLOOR BETWEEN YOU. EACH PLAYER TUCKS 5 SOCKS IN DIFFERENT PLACES AROUND THEIR WAIST (IN POCKETS / WAISTBAND) – THESE ARE YOUR TAGS. THE AIM OF THE GAME IS TO REMOVE ALL OF YOUR OPPONENTS TAGS BEFORE THEN GRABBING THE ITEM ON THE FLOOR.

THE PLAYER WITH THE QUICKEST REACTIONS WINS!



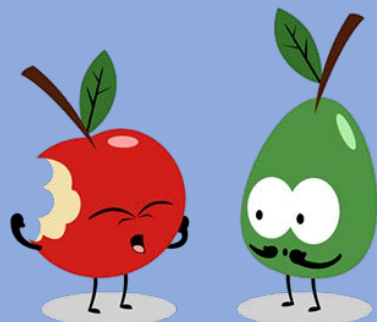
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## APPLES AND PEARS

### WHATS REQUIRED:

TWO MARKERS (YOU COULD USE SOCKS,  
TOYS OR WATER BOTTLES)  
AN ADULT TO CALL OUT INSTRUCTIONS

### HOW TO PLAY:



PLACE YOUR TWO MARKERS ON THE FLOOR  
AROUND 10 STEPS APART AND NAME ONE  
'APPLES' AND THE OTHER 'PEARS'. STAND IN  
THE MIDDLE AND THEN PERFORM THE  
ACTIVITIES CALLED OUT, FOR EXAMPLE IT  
COULD BE: STAR JUMPS, TOUCH YOUR TOES,  
HOP, TOUCH YOUR NOSE, APPLES! WHEN  
YOU HEAR APPLES RUN TO THAT MARKER!  
RETURN TO THE MIDDLE AND START AGAIN,  
THIS TIME IT COULD BE: RUN ON THE SPOT,  
TOUCH THE FLOOR, JUMP UP AND DOWN,  
PEARS! HOW QUICK ARE YOUR REACTIONS?

### PROGRESS:

CHANGE THE NAMES OF THE MARKERS, FOR  
EXAMPLE: ANT AND DEC, FISH AND CHIPS,  
NORTH AND SOUTH.



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## STEALING FROM THE NEST

### WHATS REQUIRED:

TWO PLAYERS

10 – 15 OBJECTS (YOU COULD USE TOYS,  
BALLS, WATER BOTTLES ETC)

BASKET/BOX/BUCKET

5 TAGS (SOCKS WORK WELL)

### HOW TO PLAY:

PLACE THE OBJECTS CLOSE TOGETHER ON THE FLOOR – THIS IS THE NEST. PLAYER 1 STANDS AMONGST THE NEST AND PLAYER 2 STANDS AT THE OTHER SIDE OF THE ROOM WITH THE BASKET NEXT TO THEM AND TUCKS THE 5 SOCKS IN DIFFERENT PLACES AROUND THEIR WAIST (IN POCKETS / WAISTBAND). PLAYER 2 HAS TO RUN INTO THE NEST AND GRAB ONE OBJECT AT A TIME AND RETURN IT TO THE BASKET WITHOUT PLAYER 1 TAKING ANY OF THEIR TAGS. PLAYER 1 CANNOT LEAVE THE NEST!



CAN YOU STEAL ALL OF THE OBJECTS FROM THE NEST BEFORE YOU LOSE YOUR 5 TAGS?



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## SHUTTLE RUN CHAOS

### WHATS REQUIRED:

A DICE

THE NUMBERS 0 – 6 WRITTEN ON SEPARATE  
PIECES OF PAPER

### HOW TO PLAY: ON

PLACE YOUR NUMBERS IN VERTICAL LINE  
THE FLOOR 1M APART. START AT THE 0  
MARKER AND RUN TO THE NUMBER 1  
AND BACK TO THE START, THEN 2 AND  
BACK, 3 AND BACK, 4 AND BACK, 5 AND  
BACK AND THEN 6 AND BACK.

WARM YET?

THIS TIME HEAD OUT TO NUMBER 6 THEN  
BACK, 5 AND BACK, 4 AND BACK, 3 AND  
BACK, 2 AND BACK AND FINALLY 1 AND  
BACK.

ROLL THE DICE 3 TIMES AND KEEP THOSE  
NUMBERS IN YOUR HEAD AND THEN RUN  
OUT TO THE CORRESPONDING NUMBERS.



### PROGRESS:

TAKE THE GAME OUTSIDE AND SPACE  
YOUR NUMBERS 2M APART.



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## ROAD TO TOKYO: OLYMPIC TRIATHLON

WHATS REQUIRED:

TWO MARKERS (YOU COULD USE A TOY OR WATER BOTTLE)  
BALL (OR A ROLLED UP PAIR OF SOCKS)

HOW TO PLAY:

JUMP x 5



THE FIRST PART OF THE EVENT IS TO PERFORM A STANDING JUMP. PLACE YOUR FIRST MARKER ON THE FLOOR AND STAND JUMP NEXT TO IT, THEN BEND YOUR KNEES AND JUMP FORWARDS ON BOTH FEET SWINGING YOUR ARMS OUT IN FRONT OF YOU. USE YOUR SECOND MARKER TO MARK WHERE YOU LANDED. CAN YOU BEAT YOUR RECORD?

THROW x 5

THIS TIME, STANDING NEXT TO YOUR MARKER AGAIN, THROW YOUR BALL USING THE OVERARM TECHNIQUE AND USE YOUR MARKER TO RECORD THE DISTANCE. CAN YOU IMPROVE EACH TIME?

SPRINT x 1

NEXT, IN YOUR GARDEN OR LOCAL PARK USE YOUR MARKERS TO CREATE A STARTING POINT AND FINISH LINE. ON YOUR MARKS, GET SET, GO! HAVE AN ADULT TIME YOU TO SEE HOW QUICKLY YOU CAN FINISH. CAN YOU RECORD A PERSONAL BEST?

**EYFS 10-20M**

**KS1 20-30M**

**LKS2 30-40M**

**UKS2 40-50M**



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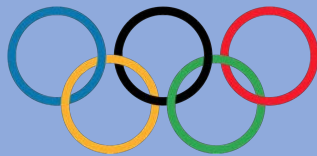
## ROAD TO TOKYO: OLYMPIC PENTATHLON

WHATS REQUIRED: SCOOTER OR BIKE  
A PIECE OF PAPER

HOW TO PLAY: AFTER YOU'VE COMPLETED THE FIRST 3  
EVENTS MOVE ON TO CHALLENGES 4 AND 5.

SCOOT/CYCLE x 1 HEAD OUT ON A 1KM SCOOTER OR BIKE RIDE.  
PLAN YOUR ROUTE AND ASK AN ADULT TO  
ACCOMPANY YOU AND TIME YOUR RIDE.

HIGH JUMP x 5 BLUE TAC A PIECE OF PLAIN PAPER TO A WALL IN  
YOUR HOME AND MAKE SURE IT IS ABOVE YOUR  
REACH WHEN STANDING. CHECK THERE IS PLENTY  
OF FREE SPACE AROUND. THEN ATTEMPT 5  
SEPARATE JUMPS TOUCHING THE PIECE OF PAPER  
AS YOU REACH THE HIGHEST POINT IN YOUR JUMP.  
ASK AN ADULT TO MARK EACH JUMP WITH A  
PENCIL ON THE PIECE OF PAPER.



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## ROAD TO TOKYO: OLYMPIC HEPTATHLON

WHATS REQUIRED:

A ROUTE TO COMPLETE YOUR RUN  
SPACE TO PERFORM YOUR ROUTINE

HOW TO PLAY:

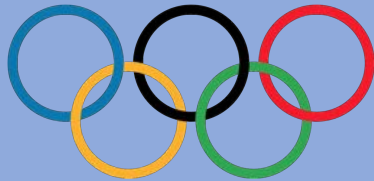
AFTER YOU'VE COMPLETED THE FIRST 5  
EVENTS, MOVE ON TO CHALLENGES 6 AND 7.

LONG DISTANCE RUN

PLAN A 1KM ROUTE AND CHALLENGE  
YOURSELF TO A LONG DISTANCE RUN. ASK  
AN ADULT TO ACCOMPANY YOU AND  
RECORD YOUR TIME.

GYMNASTICS ROUTINE

PERFORM A GYMNASTICS ROUTINE THAT  
INCLUDES 2 ROLLS, 2 JUMPS AND 2  
BALANCES. MAKE SURE YOU HAVE A CLEAR  
START POINT AND FINISH POINT BY  
SALUTING TO YOUR JUDGES (BOYS RAISE  
RIGHT ARM AND GIRLS RAISE BOTH ARMS).  
BE CREATIVE WITH YOUR SEQUENCE AND TRY  
TO INCLUDE DIFFERENT SPEEDS, LEVELS,  
PATHWAYS AND METHODS OF TRAVEL  
BETWEEN YOUR ELEMENTS.



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