

Primary Survival Pack

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Learn it

Physical Education is the planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both 'learning to move' (i.e. becoming more physically competent) and 'moving to learn' (e.g. learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others). The context for the learning is physical activity, with children experiencing a broad range of activities, including sport and dance.

Move It

Physical Activity is a broad term referring to all bodily movement that uses energy. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs, doing housework and gardening

Try It

School Sport is the structured learning that takes place beyond the curriculum (i.e. in the extended curriculum) within school settings; this is sometimes referred to as out-of-school-hours learning. Again, the context for the learning is physical activity. The 'school sport' programme has the potential to develop and broaden the foundation learning that takes place in physical education. It also forms a vital link with 'community sport and activity'.

Learn it

- **This week is all about being creative with movement.**
- We encourage you to work with your child moving in different ways and thinking about the language you are using to describe the pathways or ways of moving.
- Children should be able to use language to describe the directions in which they are moving and change these pathways to make a routine more interesting.
- Older children can work with you to explore working in pairs and find creative ways to follow, mirror and move in unison.
- Use music to develop moves into routines and celebrate creativity.

Move It

- This week we celebrate World Book Day on Thursday 4th March so there is no better time to link the two together.
- When reading a book our imagination runs wild and we visualise what we are reading.
- We have provided three books that cover EYFS, KS1 & KS2 linked to a physical activity.
- Read the book and take part in the challenges attached !
- Choose your own book and make up your own games and activities.

Try It

- Check out our next personal best challenge cards.
- 1. Step ups
- 2. Super Slalom Run
- 3. Tap up Tennis
- Each card is a 60sec challenge for the young children to try their best or compete against a family member. Don't forget to look on the cards for ways to make the challenges easier or alternatives if you don't have the equipment at home.

Learn It – Creative Movement (KS1)

Developing direction and pathways through dance:

- Lay out some markers on the floor in a good -sized space either indoors or outside somewhere flat (cones, cushions, socks or soft toys would be fine as markers)
- Play a game of follow-my- leader with your child (you start as the leader) and move in lots of different directions to get between the markers. E.g move forwards, backwards, sideways, diagonally or in a zig zag. Explain/call out which way you are moving as you do it.
- Now ask your child to be the leader and choose which way they move between the markers. Ask them to describe their pathway as they lead you (making sure they understand the words of for each movement).
- Develop this by changing your type of movement as you change direction. E.g hop forwards, side-step sideways, walk backwards, skip in a zig zag. What can you do with your arms as you move? Encourage your child to be creative in how they move their arms and legs.
- Now you could add some music to move to and create your own routine.

For more ideas or extension task watch this video: [#ThisIsPE - Directions through dance - YouTube](#)

Learn It – Creative Movement (KS2)

Dance Language

Use this session to encourage your children to be creative with their body movement. Introduce or reinforce the meaning and understanding of some simple dance movement language: **mirroring, unison and following.**

For more ideas or an extension activity watch this video on youtube [#ThisIsPE - Creative movement - YouTube](#)

1. Take it in turns with your child to be the leader. Leader moves in various ways around the room/garden and partner **follows** behind. Aim to be as creative as possible with the movements changing the speed, levels and directions you move in. Add some music and try to respond to the music with your movements .



2. Take 4 of your favourite moves and perform these side by side. Work on repeating the moves so that you can perform them at the same time in **unison**. Is it easier to do this quickly or slowly? Does it help you to stay in time with each other when you perform your moves to music? Why might this be?

3. Next try **mirroring** each other's actions. Face each other and take it in turns to lead some different movements. Try to keep eye contact starting with slow, smooth movements and then start to speed up.

4. Work together and create a short dance to music that incorporates a range of movements that you have developed today. Include mirroring, unison and following in the routine. Perform to an audience or video it and watch it back together

Move It – Physical Activity – EYFS



What the ladybird heard
Scavenger Hunt !

Item	Time



Write a list
of objects
to collect

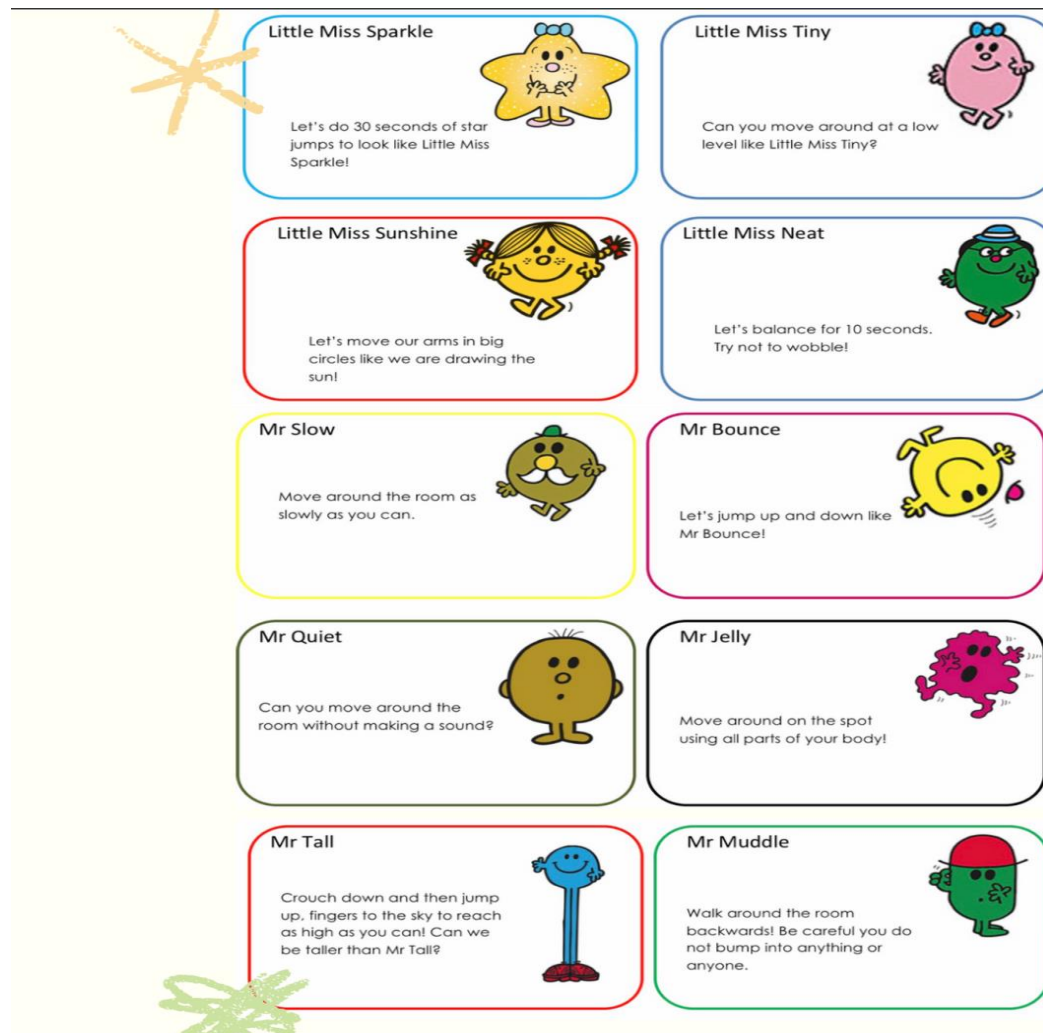


Time how long
it takes to
find all of
these items



Can you put
everything
back in a
quicker time?

Move It – Physical Activity KS1



- Mr Men & Little Miss want to see how fit we are?
- Who is your favourite Mr Men or Little Miss Characters?
- Why not join in their fun game to see if you are as fit as them?
- Cut up the cards and lay them face down around your room.
- Take it in turns to turn one over and see if you can complete the exercise.
- Why not make up your character and exercise.

Move It – Physical Activity – KS2



Why not take on the Harry Potter workouts on You Tube ! Not a Harry Potter Fan, then don't worry there is a range of all of your favourite book and film characters you can choose from.

Harry Potter

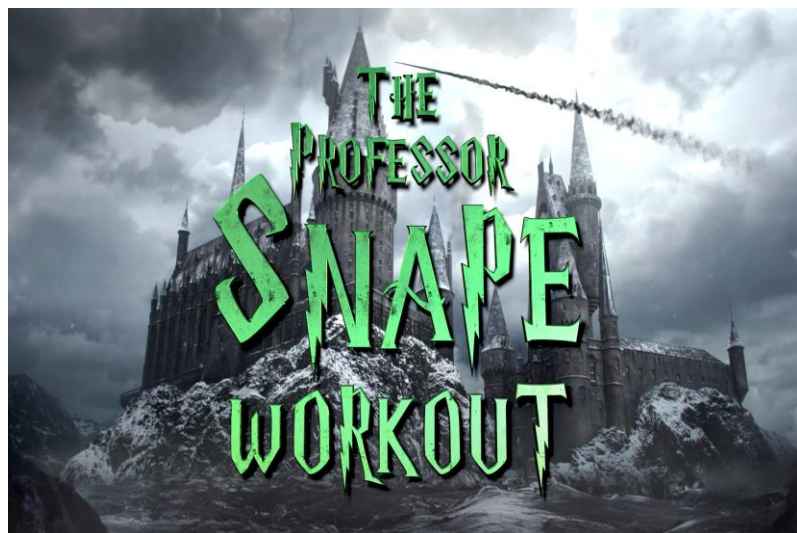
<https://www.youtube.com/watch?v=GZrvByulAHg&t=39s>

Professor Snape

<https://www.youtube.com/watch?v=TAUabrugO1g>

Other Favourites

<https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ>

































Try It – Competition & Challenge



60 Second Challenge Activity Tracking Sheet

Tick the boxes when you achieve Gold, Silver and Bronze?

Can you keep working hard to achieve Gold, Silver and Bronze?

Name: _____

Complete P.E.  **YOUTH SPORT TRUST**  Believing in every child's future

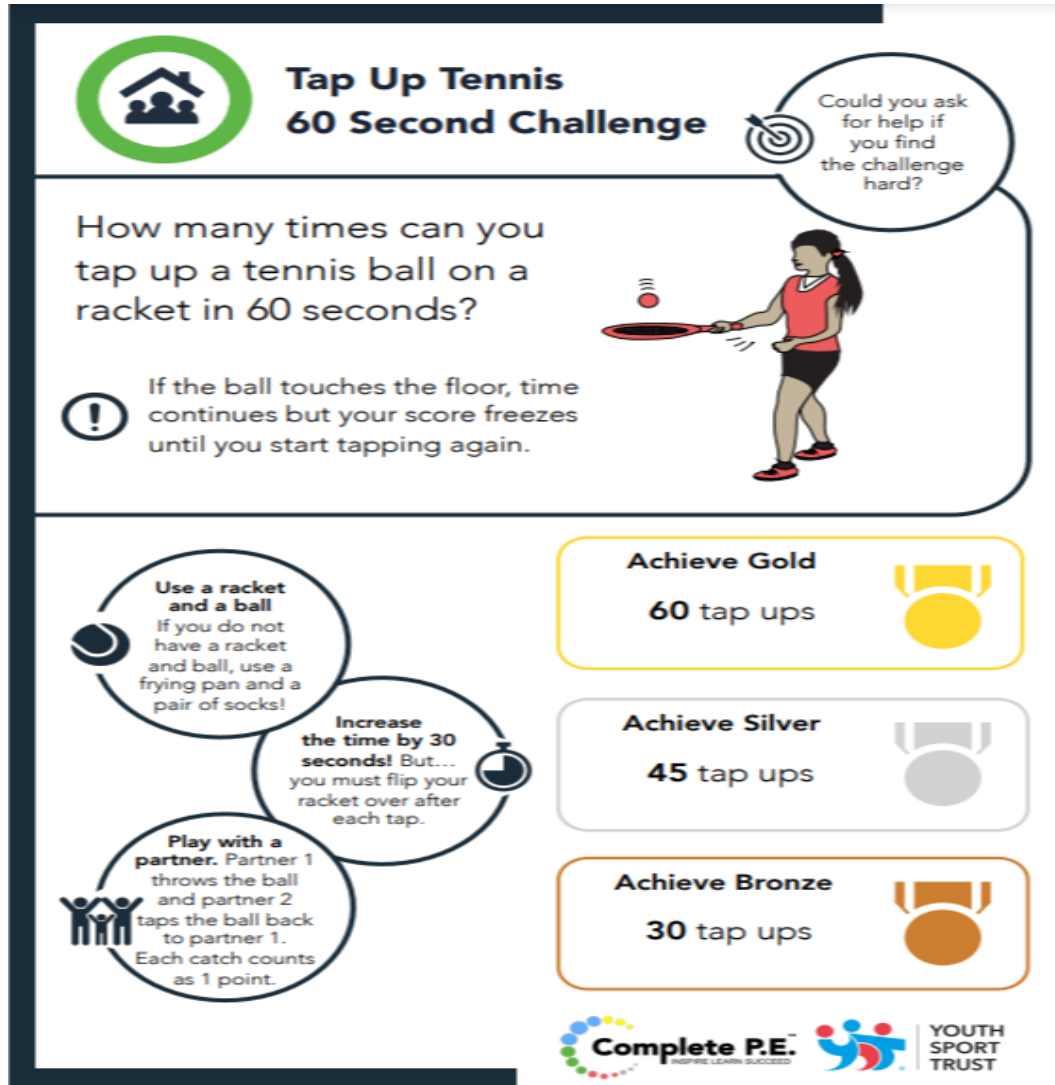
60 Second Challenge – Score Card

- Use this to record your score
- Remember these challenges are Personal Best
- Results will not be used for anything other than your personal achievement.
- Have Fun, Enjoy and be the best you can be.

Thank you

Stockton SSP Team

Try It – Koboca Challenge



**Tap Up Tennis
60 Second Challenge**

How many times can you tap up a tennis ball on a racket in 60 seconds?

If the ball touches the floor, time continues but your score freezes until you start tapping again.

Use a racket and a ball
If you do not have a racket and ball, use a frying pan and a pair of socks!

Play with a partner. Partner 1 throws the ball and partner 2 taps the ball back to partner 1. Each catch counts as 1 point.

Increase the time by 30 seconds! But... you must flip your racket over after each tap.

Could you ask for help if you find the challenge hard?

Achieve Gold
60 tap ups

Achieve Silver
45 tap ups

Achieve Bronze
30 tap ups

Complete P.E. INSPIRE LEARN SUCCEED

YOUTH SPORT TRUST

This week's Virtual Koboca Challenge is the 60 second Tap Up Tennis Challenge.

Look for your code on the next slide to take part.

Remember all of these challenges are based around personal best.

The School Sport Partnership will celebrate school's achievements on a weekly basis.

Try It – Non-Competitive Challenge



Step Ups 60 Second Challenge

Can you focus, concentrating on the step?

How many times can you step up and down a step in 60 seconds?

! You must step up and down with one foot at a time. No jumping!



You need a step!
If you do not have a step use a foot pouffe or a stool.

Increase the number of steps!
Make it harder by stepping up and down two steps (stairs).

Compete as a family.
Adapt the challenge depending who is playing! You could step in and out of a circle.

Achieve Gold

60 step ups



Achieve Silver

45 step ups



Achieve Bronze

30 step ups



Super Slalom Run 60 Second Challenge

Do you consider how to use your body so that you can run as fast as possible?

How many slalom runs can you complete in 60 seconds?

! Layout three objects three steps apart. You must run in and out of the objects and back to the start to complete one slalom run.



You need a safe space and three objects!
Use objects such as teddies and cans as markers.

Make it easier and see how many times you can run around one object in 60 seconds?

This game is best played outside in the garden with different family members.

Achieve Gold

24 slalom runs



Achieve Silver

18 slalom runs



Achieve Bronze

12 slalom runs

